

November/December

Official Magazine of the American Culinary Federation

10

The
National
Review™
Culinary

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Grilled Cheese Grows Up **28**

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Sea Watch Creative Clam Challenge

Sea Watch International is proud to announce the 4th Annual Creative Clam Challenge, the final cook off will be held at the 2011 International Boston Seafood Show. Culinary students can express their passion for clams with creative recipes. The students will design recipes for appetizers, salads and entrees. Recipes will be evaluated by the Marketing and R&D staff of Sea Watch.



International Boston Seafood Show

The two finalists will compete in a head to head cook off on Sunday, March 20, 2011 at Sea Watch's Booth number 423 from 11:00am to 1:00pm. The attendees of the International Boston Seafood Show will determine the grand prize winner of \$2,500.00 by a people's choice vote. The first runner up will receive a cash prize of \$1,000.00; the winners will be announced immediately after votes are tallied.

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Cover photo: Richard Sandoval Restaurants

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JOIN US *for the* 2011 ACF Events Series

Make a good investment in your future and plan to participate in the 2011 ACF regional conferences and national convention as we prepare to offer you the best networking opportunities and educational programming, as well as value for money when you take advantage of the Early Rewards rate.

We are holding the Early Rewards registration rate at the 2010 cost when you book your room at the host hotel. The regional conference registration rate for professional culinarians is \$300 when a minimum of three hotel nights is booked. The national convention registration rate for professional culinarians is \$450 with a minimum of four hotel nights. This offer is good until approximately 45 days from the start of each event.

For the regional conferences, we have four first-tier cities to offer. We start our year in the Southeast at the Atlanta Hilton, Feb. 18-21. In the Northeast, we'll be at the Columbus Renaissance, March 20-23; Central, at the New Orleans Hilton, April 17-20; and Western, at the Talking Stick Resort, April 29-May 2. Please note that the Northeast and Central conferences are Sunday-Wednesday, and the Southeast and Western conferences are Friday-Monday events. And remember, regional conferences have no borders. We welcome all of you, wherever you are located.

The national convention will be held in Dallas at the Gaylord Texan, July 22-26. At this year's national convention, we had great success with a Chef Outreach to



the Community day and the AAC Golf Tournament. Both events will be back, and we hope you will plan to come in a day early to be an active part of networking and to join in ACF's outreach to the community.

We will continue with a day of hands-on workshops on such topics as marzipan, butchery, pastry and charcuterie. A nominal fee will be charged to fully registered delegates who are ACF members. By popular demand, we will have a family style General Session breakfast similar to the one we had in Anaheim. We will make some adjustments to general session to add more fun, excitement and educational programming for those in attendance.

We have some exceptional educational events in the planning stages for the national convention in Dallas. We will feature several women chefs in the program, many of whom are well-known authors and/or icons of the culinary world. This year, we will again have a special gift for our members who purchase a full registration to the national convention. It

Art Smith, center, executive chef/co-owner of Table Fifty-Two and Art and Soul, Chicago, is congratulated on his induction into the Chefs Hall of Fame by Michael Ty, left, and Carrie Nahabedian, second from left, front, 2009 Chefs Hall of Fame inductee, and members of the board of the Chicago Culinary Museum, left to right: Betti Ramon, chair, scholarship fund committee; Chas Boydston, AAC, vice president; John Kaufmann, CEC, AAC, president; Carmella Anello, secretary; and Cary Miller, public relations.

is our way of saying thank you for your loyalty to our organization and for being a valued member.

The American Culinary Classic, traditionally held every four years in Chicago, will be held at our 2011 national convention in Dallas. Our plans are to host eight teams that will prepare edible food in the Gourmet Team Challenge. This style of competition was originally presented by 1992 ACF Culinary Team USA manager and ACF past president Keith Keogh, CEC, AAC. Each team will prepare 30 portions of four salads, modern freestyle; two fish or seafood platters; two meat or poultry

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RECIPE CONTESTS



Create a recipe by Nov. 16 using French's French Fried Onions

for a chance to win \$2,000, \$1,000 or \$500. ACF chefs are invited to enter an original recipe in one of three categories: appetizer, sandwich or entrée. For more details, visit www.frenchsfoodservice.com/ACF/recipe-contest.php.



Culinary students are invited to enter Chilean Avocado

Importers Association's Avocado Recipe Contest through Dec. 20. Enter a recipe, 12 portions, for any type of menu, using at least three Chilean Hass avocados, for the chance to win \$1,000. More at www.chileanavocados.org/foodservice/culinary-student-recipe-contest/.

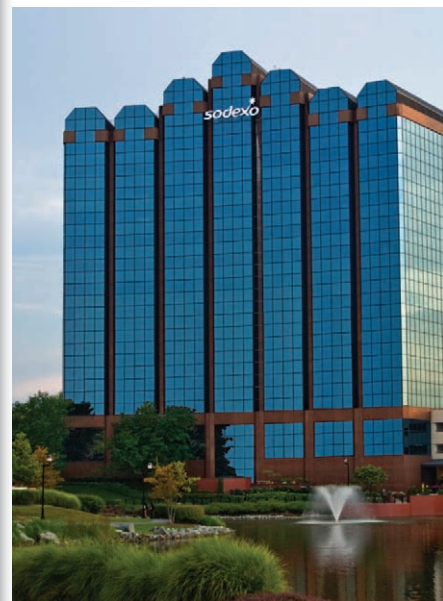
FLORIDA DEPARTMENT OF CITRUS OFFERS FREE RECIPE BOOK



Taking Florida Citrus to the Street, a free book by the Florida Department of Citrus, offers recipes using Florida citrus, including this Citrus Mojo Pork Cuban Sandwich.

Looking for ways to use Florida citrus? The Florida Department of Citrus is offering on-trend global street-food recipe suggestions in a free recipe book, *Taking Florida Citrus to the Street*, and CD. Recipes range from Florida Citrus Honey Lime Homemade Soda to Citrus Mojo Pork Cuban Sandwich. To request a complimentary copy of the book, contact Vanessa Hodak at (863) 537-3970 or vhodak@citrus.state.fl.us. Recipes are also available at www.floridajuce.com.

SODEXO HEADQUARTERS EARNS HIGHEST LEED RATING



Sodexo North America recently earned platinum certification for its headquarters building under the U.S. Green Building Council's (USGBC) Leadership in Energy and Environmental Design (LEED) rating program for Existing Buildings: Operations & Maintenance. The building, which is owned by LaSalle Investment Management® and operated by Transwestern®, with Sodexo North America as its anchor tenant, is one of only three such structures in the Washington, D.C., metropolitan area to achieve USGBC's highest rating. The building also won the Energy Star Award for the fourth consecutive year, earning 94 out of a possible 100 points under the EPA rating program.

WHERE YOU LIVE IMPACTS WHAT YOU DRINK



In a 2010 Adult Beverage Consumer Trend Report by Technomic, research shows that where you live may impact your preferences when it comes to purchasing adult beverages away from home. In addition, Technomic reports that casual-dining restaurants continue to be the concept most frequently visited by away-from-home purchasers of adult beverages, and that beer is the most popular adult beverage consumed on-premise compared with wine and spirits. Also, despite rising trends with craft/premium and import beers, consumers still report that nearly half the beer they consume away from home is domestic light beer.

Insider

JULIE FRANCIS



Chef/Owner
Nectar Restaurant
Cincinnati

Talk about your emphasis on seasonal ingredients.

The changing of seasons and what foods come into season is a huge inspiration for my menus. It is really what all classic cuisines of the world are based on. Looking forward to and working with spring peas or summer tomatoes or fall/winter squashes is like opening a present. And then you add your personal style to the preparation of those foods, and it becomes extremely gratifying.

In what ways does this commitment to local products resonate with your guests?

Guests become aware of local farms where they can purchase seasonal and local foods. They become aware of the higher quality of these foods as opposed to what is available in the supermarket. They may learn to enjoy foods they might have dismissed, such as okra or locally pastured goat.

What might diners expect from a meal at Nectar?

We always have a couple of seasonal salads and soups, which typically use a lot of vegetables. Some appetizers currently

are housemade gnocchi with summer vegetables, mascarpone and pesto, and a tomato/saffron/seafood risotto. We offer a local cheese or charcuterie plate. We use local meats and sustainable seafood. Desserts are all made in-house—seasonal fruit tarts, cobblers, a panna cotta or other custard and, of course, something with extra-bittersweet chocolate. Right now we have a chocolate caramel mousse with fleur de sel.

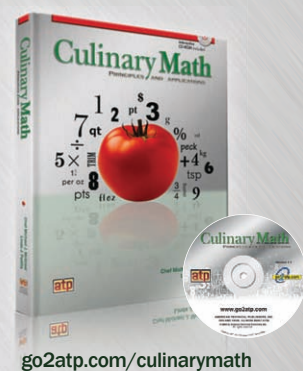
Talk about the Dinner Club series.

It's a five-course themed dinner that focuses on one ingredient, such as chocolate or olive oil or heirloom tomatoes. We invite the grower or producer of the ingredient to talk to the guests, and I introduce each course, explaining how I used the ingredient in a particular dish. It came about as a way to have a special, fun dinner that was not as serious as a wine dinner and more interesting to foodies. It has been a great success, and a lot of fun to connect with all the wonderful growers and producers of local, seasonal foods.

How do you balance being both chef and owner?

It is a hard balancing act, but I am lucky to
continued on page 10

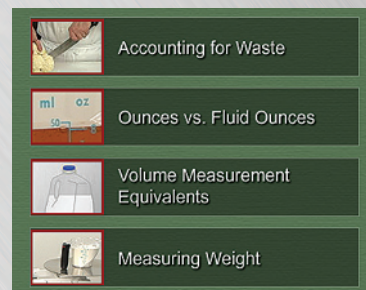
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- Measuring Volume and Weight
- Measuring Time, Temperature, and Distance
- Fraction and Decimal Measurements
- Calculating Area, Volume, and Angles
- Converting Measurements
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INSIDER *continued from page 9*

have great employees whom I trust to get things done and do them the way I would. My husband Pat is also the biggest support for me, whether it is running errands or just making it easier to meet my demanding schedule.

What advice do you have for someone looking at restaurant ownership?

Make sure you have worked in a restaurant and have experienced the hours and the lifestyle that owning a restaurant entails.

You have 20+ years in the business. What do you tell young people coming in today?

Education is important, but if you are naturally talented, you could go without. But you have to have the skills, and the passion and determination to move up in the field.

What gives you pleasure on the job every day?

Preparing food made with beautiful, naturally grown or raised products, and interacting with guests who appreciate the wealth and bounty of the good foods we are lucky to have available to us.

PRESIDENT'S MESSAGE

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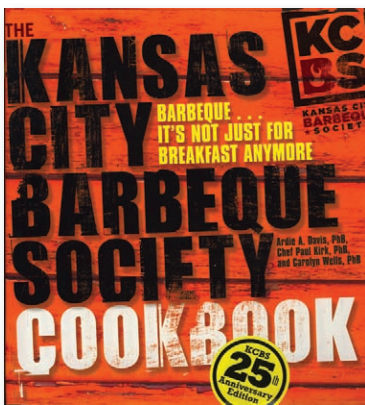
platters; six different kinds of tapas; cold soup; three cold appetizers (team choice); three freestyle desserts; two different cakes, freestyle; and a bread display. This proposed format will go through WACS for approval. We will sell tickets in advance for those interested in previewing the buffets before feasting on the foods prepared by the various global teams. Check the ACF website for more information on this exciting event.

So there you have it: a brief synopsis of what is planned in the coming year. We could not include everything here, but we invite you to go to the ACF website and watch for updates as we progress with our program planning. We are working diligently to get this coming year's information out to you so that you can ask your employers to support you in your educational endeavors. Make an investment in your future by joining the premier organization of professional chefs in the U.S. at these outstanding events.

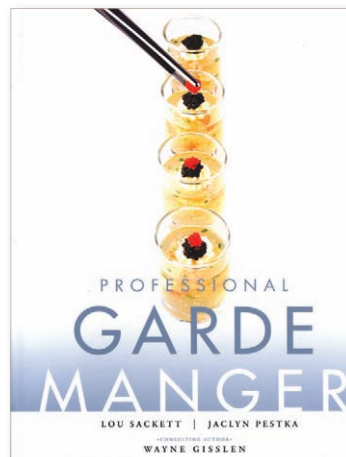
On a final note, toward the end of November, ACF Culinary Team USA will compete in the Culinary World Cup in Luxembourg. We encourage you to support our team. And please contact team members and wish them success.

On behalf of the board of directors and the national office staff, I wish you a safe and wonderful holiday season. And I look forward to seeing you at our regional conferences and national convention in 2011.

NEW READS



Learn the secrets behind some of the country's most beloved barbeque, as well as recipes for appetizers and desserts, in *The Kansas City Barbecue Society Cookbook*, 25th anniversary edition (Andrews McMeel Publishing, 2010), \$24.99. Ardie Davis, Paul Kirk and Carolyn Wells offer more than 200 new recipes from the society's top grillers. Recipes range from BBQ enchiladas to K.C. Rib Doctor's baked beans.



Professional and aspiring chefs can learn to master the cold kitchen in *Professional Garde Manger* (John Wiley & Sons Inc., 2010), \$85, by Lou Sackett, Jaclyn Pestka and consulting author Wayne Gisslen. The book includes step-by-step techniques and procedures for more than 375 recipes. Topics range from the basic preparation of simple salads and hors d'oeuvres to charcuterie.



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Renee Erickson pickles figs, prunes, onions and raisins at Boat Street Cafe, and packs every jar by hand, selling them under the Boat Street Pickles label.

COOKING UP *a* Brand

Chefs capitalize on their names and build their reputations with packaged food products.

By Laura Taxel

“I’VE TRIED to capture the excitement of eating at the restaurants and put it in a jar,” says Brandt Evans, chef/co-owner of Blue Canyon Kitchen & Tavern, with venues in Kalispell and Missoula, Mont.; Twinsburg, Ohio; and Rockwall, Texas. Boxed sets of his signature spice blends and recipes cards are sold at all four Blue Canyon locations. “I want people to open their cupboards, look at the logo and think of me.”

Like Evans, many chefs around the country are trying to package personal style and a culinary philosophy in a bottle or a bag. Signature food products can generate

buzz and new revenue streams, expand their brand and promote their restaurants. Celebrity cooks were among the first to go this route, but now even those who can claim only regional or local fame are getting in on the phenomenon.

“It’s very satisfying to see your name on a label,” says Barbara Lang, a former restaurant owner/chef who is a food product development and marketing consultant and author of *From Restaurant to Retail: A Handbook for Food and Hospitality Professionals* (Ronjon Publishing Inc., 2006). “Branded products are perceived as a

statement of achievement, elevating your stature in the public mind. They’re a great marketing tool, useful as a kind of business card, for gifts and as souvenirs for customers. Done right, the venture can be profitable.”

But unless you’re a Bobby Flay or a Rick Bayless, with deep pockets and a national following, don’t imagine getting into this sideline is easy. The product you create in your kitchen may taste like a home run, but it takes more than that to play in this game and score.



Meryl Schenker

Meryl Schenker

"The mechanics of food manufacturing are complicated," says Lang. "To succeed you must blend inspiration with knowledge. I call it, 'informed passion.'"

Here are some real-life lessons to kick off your education.

FIND THE RIGHT FORMULA

Initially, Evans wanted to bring more efficiency and consistency to his operation by pre-blending seasoning combinations in gallon containers for his kitchen staff. He enlisted the help of Dion Tsevdos, whose company, Chef Cube—a wholesale dry foods and spice supplier based in Cleveland—already had a U.S. Department of Agriculture-inspected facility. It was a logical next step to create 6-ounce jars for home cooks, but required multiple go-arounds to make a consumer-friendly version. "We altered the methodology so the mixture wouldn't cake up," says Tsevdos, "and added salt and pepper, because they prefer simplicity. Each of the four recipes contains 12-15 ingredients."

Chef Cube handles the packing and packaging in shrink-wrapped custom-cut boxes, currently producing 10,000-12,000 units annually. Evans buys the sets wholesale, determines the retail price, sells them at the restaurants and gives them away as thank-yous. But five years into it, he's rethinking the details.

"The steak and pork crusts are very popular, and will be available in plastic pints, too," says Evans. "The blackening and barbecue dusts are not a hit, so Dion and I are working on replacements." And, he sees a whole new way to leverage the products'

LANG'S LIST

Barbara Lang, a former restaurant owner/chef, is a food product development and marketing consultant. She recently retired from teaching at Cornell University's School of Hotel Management. Her book, *From Restaurant to Retail: A Handbook for Food and Hospitality Professionals* (Ronjon Publishing Inc., 2006), is a must-read for any chef considering a move into food manufacturing. It's a one-stop tutorial with step-by-step instructions and exercises for developing an effective action plan, available at www.restauranttoretail.com.

Here are some key concepts:

- Define your goals
- Analyze what's already on the market in your category
- Decide how products will be produced, stored and sold
- If using a co-packer, confirm in writing that you own the final formula
- Research federal and state regulations
- Don't work in a vacuum—talk with co-packers, distributors, retailers
- Make a strategic plan
- Get educated before you get started

value. "I'm looking at two new and different concept opportunities. If I get my products in local, independently owned, high-end grocers, I can begin building brand recognition before I even cook a meal."

Allen Susser's first foray into the food-manufacturing business began in 1995 when he started bottling mango ketchup, a customer favorite at Chef Allen's, his popular Miami restaurant. "At first, I was doing everything myself, cooking and packing in the restaurant kitchen," he says. Interest was strong. Other condiments, dressings and marinades were added to the product line. "I spent \$80,000-\$100,000 to take the next step, moving the operation to rented space at a small production facility."

Susser set up a separate company for what had become a cottage industry, and joined forces with a co-packer while continuing to be involved in everything from quality control to label design. But unable to benefit from economies of scale, it wasn't possible to generate sufficient revenue. After a few years, he decided to scale back.

"What I was doing didn't make sense from a business perspective," Susser explains. "It wasn't a good use of my time, or cost-efficient, and proved tough to sustain at the necessary level without a real distribution network."

He sold most of the line to the co-packer. The products are available at the restaurant and via a link on the website, and he also sells them at his cooking classes, food festivals and events where

Brandt Evans' signature Blue Canyon spice blends sell at his Blue Canyon Kitchen & Tavern venues.



Stacy Candow, Viscom Commercial



he appears. They are part of his marketing campaign rather than moneymakers.

PRODUCTS WITH A PURPOSE

Roy Yamaguchi presides over a 35-restaurant empire from his home base in Honolulu. In 2007, he partnered with friend and farmer Dean Okimoto of Nalo Farms, Waimanalo, Hawaii, who had long been supplying his kitchens with fresh produce, to form Da Farmer and The Chef Hawaii. A managing partner handles day-to-day operations. The company's Hawaiian Fusion® line is an expression of Yamaguchi's distinctive approach to food combined with a farm-to-table mission and a desire to promote the Hawaiian Islands cuisine and culture.

Because he's a local star, most markets in Hawaii are happy to put the sauces and dressings on the shelf, providing coveted access to consumers—often hard for small entrepreneurs to secure. But it's what's inside that counts. "My reputation gives us an advantage for selling the first bottle," Yamaguchi says. "But nobody buys a second one unless they like it."

Development began with a defined flavor profile for each product, experimentation and much tasting. When the team felt a recipe was right, they sent it to

Da Farmer and The Chef Hawaii produces the Hawaiian Fusion line, an expression of Roy Yamaguchi's approach to food combined with a farm-to-table mission and a desire to promote Hawaii's cuisine and culture.

a chemist who determined whether it was viable for large-scale production. If necessary, changes were made, and then a manufacturer did a sample run. "It was a long, expensive process," says Yamaguchi. "We've just reached the break-even point."

John Besh and his New Orleans-based Besh Restaurant Group support local growers, dairy farmers and beekeepers around New Orleans by provisioning his six establishments in the city with local ingredients. But Besh wanted to do more to ensure the future of regional agriculture. Since 2006, those same local ingredients have been going into a line of value-added products that includes vinaigrettes, steak sauce, rubs and compound butters. Everything is prepared from fresh ingredients in small batches at a local processing facility.

"It's got my name on it, and so I want my hand in it," says Besh. "My partner and I make adjustments before every bottling." This approach, plus the ingredients they

use, drives up costs. "We can't compete on price, so we have to set ourselves apart on quality and what we stand for," he adds.

Grocers in the city that "care about the same things we do" are stocking Besh products. The income generated goes back into the company. "We're not making a tremendous amount of money yet," Besh says. "I think we can, eventually, but I have a higher purpose."

THE PROS AND CONS OF DIY

The shoppers who pick up Renee Erickson's pickled figs at Murray's Cheese in New York might be surprised to know that she packs every jar by hand. Sometimes her parents help. The labor-intensive work of making the brined figs, prunes, onions and raisins that constitute Boat Street Pickles, which launched in September 2008, happens in the kitchen of her Seattle restaurant, Boat Street Cafe, during off-hours. Word-of-mouth, a one-sentence mention in *Gourmet* and some local news coverage increased demand. In the beginning, this was a positive thing. It quickly became overwhelming.

"We were super-slow at the restaurant," says Erickson. "The pickles got me some press, and it really helped. But now, I can't take a day off, and I still can't keep up."

Lang, who had spoken with Erickson early on, noted that the venture was at a critical juncture. "Renee has a unique product that people like, but she's being challenged to maintain control of her success. Initially, she didn't have a strategic plan, and has outgrown her ability to do this herself."

Erickson's first experience with a co-packer didn't go well. "These are artisan products.

RESOURCES

Contact these organizations or agencies for information about food safety guidelines and rules governing the manufacture of food products.

- U.S. Department of Agriculture National Institute of Food and Agriculture: www.csrees.usda.gov
- U.S. Department of Health and Human Services Gateway to Federal Food Safety Information: www.foodsafety.gov
- U.S. Food and Drug Administration Center for Food Safety and Applied Nutrition: www.fda.gov/food
- State university food-science departments

Kelly Liken began making sauces and preserves to promote her restaurant and her commitment to using local foods. Now, she's working on expanding her retail line with soups and cocktail mixes.

They require some attention and don't lend themselves to mechanization," she says. To protect her brand, Lang explains, she had to find a manufacturer who shared her values. That requires asking the right questions, establishing guidelines upfront and building a relationship.

"We finally have a co-packer for the figs and raisins," says Erickson. "After many trial runs, we got it right." Co-packing the plums continues to be a work-in-progress, so for now, she's still doing them at the restaurant. Because the onions are not cost-effective to hand-pack, she's looking for a replacement.

Kelly Liken, chef/owner of Kelly Liken in Vail, Colo., is taking the do-it-yourself route, too, at least for now. Her first year in food retailing was 2009. At the height of the growing season, she was filling 300 canning jars a day with sauces and preserves. She sold them at the farmers market, as well as paper bags of freshly fried organic potato chips and her specialty dips, prepping about a hundred 8-ounce containers a week.

"The original idea was to promote the restaurant and our commitment to using local food by having a booth at the market," says Liken. "In this economy, you have to think outside the box."

She quickly realized there were other benefits: Preserving Colorado produce keeps it available beyond the short growing season, and the merchandise keeps her customers, many of whom live in other parts of the country, connected to the restaurant after they go home.

Startup costs have been minimal, about \$1,000 for licensing fees and supplies, including a pH meter to ensure that every batch meets U.S. Food and Drug Administration guidelines. She prints labels on her computer, but hand-writes stickers identifying the contents to give every jar a sense of authenticity and show that it's not mass-produced. Products can be special ordered by phone year-round. She's working on developing soups and cocktail mixes, considering setting up an e-commerce feature on her website and, eventually, hiring some extra help.

"My days have gotten very long," she admits, "and I don't sleep much anymore. But I'm excited. This is how I'm going to become well-known and make a name for myself."



Restaurant Kelly Liken

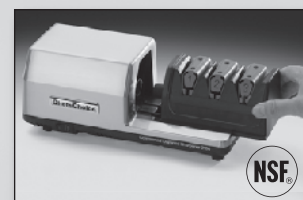
Laura Taxel is a Cleveland-based journalist and author who writes about food, chefs and the restaurant business for consumer and trade publications.

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Assembled
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a Wake-Up Call TO DROWSY CHEFS

Are hammocks in your kitchen the wave of the future?

By Ethel Hammer

AUTHOR Fran Lebowitz once quipped, “Life is something that happens when you can’t get to sleep.” The culinary life can be a sleepless caravan, with early morning deliveries, late-night closings, after-hours socializing and endless 14-hour days. Some chefs are so sleep-deprived they wind up jumping out of bed and cooking in the middle of the night,

a sign of what professionals call SRED (sleep-related eating disorder).

From Ferran Adrià, who is closing El Bulli in Roses, Spain, in December, lifting the burden of working 15-hour days, to 23-year-old Nathan Laity, senior sous chef at the Tate Modern restaurant in London, who died from an untreated case

of tonsillitis after working 14-hour days for 27 days straight, chefs and sleep often seem as incompatible as oil and water.

DAYS AND NIGHTS OF WORRY

Alexander Cheswick, executive chef/owner of May Street Market in Chicago, serves up an enlivening mixture of tastes to his appreciative customers. His Moroccan chicken beds down next to a couscous of cranberries and pumpkin seeds. A flight of mini cupcakes—including vanilla/lavender cream and carrot cake with orange icing—awakens so many taste buds and is so popular that he can’t take it off his menu.

But while Cheswick’s flavors invigorate his diners, he wages a nonstop uphill battle with sleep, and admits to having dealt with sleeplessness for several years. “Being a chef is a stressful job, especially when you own your own business in a challenged economy,” he says. “Chefs must consistently be looking to where they can change. Responding to ongoing fluctuations in the American palate is demanding.



Alexander Cheswick, owner of May Street Market, Chicago, must keep on top of his game when it comes to satisfying his customers, even when dealing with too little sleep.

"Then there's the need to get to the market before the other guy. And people are out of work, and eat out less. The Gulf is a disgusting mess, and we need action. I'm worrying about what can I put on my fish menu. Is Gulf seafood safe? What can I believe? The lack of truth bothers me a lot."

Once, Cheswick had several managers out front and two sous chefs. "Now, it's me and three other line cooks," he says. And he can't see going back to the old days, with a big staff, even if the economy revives.

"I'm worrying, can I pay my staff and my vendors, let alone me. And what about relationships?" His daughter lives in Germany, and he only gets to see her once a year.

As if his workload isn't strenuous enough, Cheswick is "learning to stretch," adding marketing through Facebook and Twitter to his repertoire. "I've had to go from cooking to being a personality," he says. "It can get so bad that discussing chicken on Facebook is more important than taking time to talk with people in the dining room."

TAKING ACTION

In the face of all this turmoil and change, Cheswick prefers to be proactive, injecting balance into his life through yoga and meditation. Five days a week, he practices Vinyasa Yoga, which links motion to breath. "Chefs don't have a lot of time for classes," he says, so he exercises with a tape.

To quiet his restless mind, he communes with nature by walking in the park and releasing upsetting thoughts through practicing deep breathing. "With the breathing exercises, I observe the thoughts and watch them pass," he says.

Running helps Cheswick regulate his sleep, in keeping with "10 tips for better sleep," written by staff at the Mayo Clinic, Rochester, Minn., which states, in part: "Regular physical activity, especially aerobic exercise, can help you fall asleep faster and make your sleep more restful." (www.mayoclinic.com)

However, some folks who exercise right before bedtime find falling asleep more troublesome, it seems.



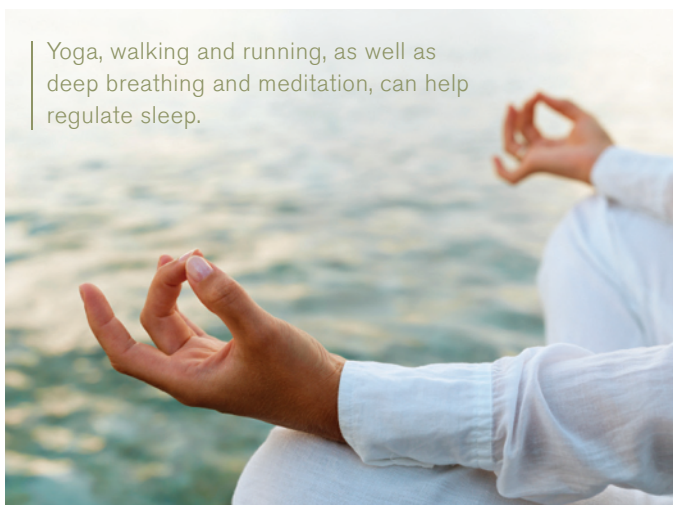
Among other Mayo Clinic recommendations are maintaining a standard bedtime and wake time, practicing a standard relaxing bedtime routine and avoiding consuming lots of food and beverages before bedtime.

Cheswick doesn't drink alcohol or energy drinks, in keeping with findings that artificial stimulants, including caffeinated beverages, correlate with increased sleeplessness. He doesn't do drugs, either. "Thanks to all this, I don't have to medicate myself," he says. "Still, I find it hard to sleep."

Despite his workload, and thanks to his lifestyle, he avoids falling into a group of souls who sleep less than 6 hours a night and are more prone (than those who sleep 7-8 hours) to engage in risky health behaviors, including obesity, smoking, consuming five or more alcoholic drinks per day, plus leisure-time



Yoga, walking and running, as well as deep breathing and meditation, can help regulate sleep.



inactivity, links suggested by Charlotte A. Schoenborn, M.P.H., and Patricia F. Adams at the Division of Health Interview Statistics, Centers for Disease Control and Prevention, Atlanta. ("Sleep Duration as a Correlate of Smoking, Alcohol Use, Leisure-Time Physical Inactivity, and Obesity Among Adults: United States, 2004-2006" at www.cdc.gov)

ALARM CLOCKWORK ORANGE

Though the amount of sleep one needs varies with age, Dr. Gregory Belenky, research professor and director, Sleep and Performance Research Center, Washington State University, Spokane, Wash., says, ideally, we need eight hours of actual sleep for optimal performance. This means slightly longer time in bed, say, eight and a half hours, to account for time to fall asleep as well as nighttime awakenings.

Not enough sleep affects the entire brain, with cognitive performance suffering across the board, Belenky points out. If you sleep fewer than four hours a night, your performance will get steadily worse over time. On the other hand, if you sleep between four and seven hours, your performance will eventually stabilize at a different, and lower, level. You won't be doing your best, but you probably won't know it and will feel like you're doing fine. "In the end, most people trade peak performance for more hours awake," he says.

The amount one actually sleeps seems to divide itself by ethnicity and sex. European-American women get the most sleep; African-American males get the least.

Like Hercules cleaning out the stables and Atlas raising the world on his shoulders,



Ethel Hammer

getting a good night's sleep seems to be a gargantuan task. According to statistics from the Institute of Medicine of the National Academies, Washington, D.C., 50-70 million Americans suffer from a chronic sleep disorder. Thirty-five to 40% of us either report trouble falling asleep or daytime sleepiness; and 20% of adults say they just don't get enough sleep, according to the American Academy of Sleep Medicine, Darien, Ill.

"Most people get less than seven hours, with the average being at or above six," Belenky says.

WAKE-UP CALL

"A lot of chefs could suffer from sleep apnea," Belenky says, referring to a physical condition caused by partial compression of the airways.

For those suffering from sleep apnea, sleep starts and stops repeatedly, resulting in increases in heart rate, blood pressure and sleep arousal. A bed partner will hear gasping for breath and choking, and notice momentary breathing cessations.

"Three risk factors for sleep apnea are being male, being older (40s, 50s, 60s) and being overweight," Belenky says. Sound familiar?

WHO'S GOT RHYTHM?

Cheswick works 15-16 hours a day. He gets up at 6 a.m., and says he gets "a solid four or five hours" each night, starting work at 9 a.m. and not stopping until midnight or 1 a.m., six days a week.

So why, if he has more time to sleep, doesn't he?

Belenky explains that Cheswick's inability to sleep more than four or five hours could stem from the fact that, even though he is doing the right things, around 6 a.m., nature is waking him up. Circadian rhythms, a self-contained internal hormonal clock that regulates itself on a roughly 24-hour cycle, plays a role in body temperature, performance and the ability to fall asleep, Belenky explains. It's easiest to sleep when body temperatures are low, hard to sleep when they rise. Body temperature is lowest between 4 a.m. and 6 a.m., the best time for sleep. After that, temperatures start to rise again, making sleep more difficult. Circadian rhythms also take a brief dip, lowering body temperature, in the late afternoon, around 4 p.m., making this a good time for a catnap.

Meanwhile, body temperatures rise again during the period between 6 p.m. and

10 p.m., known as the “forbidden zone,” making it difficult to fall asleep, Belenky says. “What keeps you asleep eight hours is that your body temperature is falling from 11 p.m. until six in the morning.”

So, is nature on your side? Pity the early risers working long shifts. If you get up at 2:30 a.m., get to work at 3:30 a.m. and get off work at 1 p.m., you are ready to sleep as circadian rhythms are raising your

body temperature, making falling asleep more difficult. And circadian rhythms work against those working night shifts, too. If you work from 11 p.m. to 7 a.m., and fall asleep at 8 a.m., circadian rhythms will be raising your body temperature, making it difficult for you to sleep much beyond 1 p.m., or for more than five hours.

As we age, circadian rhythms shift, making us earlier risers, Belenky explains.

Circadian rhythms also diminish in strength with age, so there can be periods of drowsiness during the day and wakefulness at night, unlike the consolidated periods of sleep and wakefulness experienced by younger people.

HAMMOCK TIME

Think about it. The more you work, the less time you have to sleep and the more difficult it is to arrange your sleep in accordance with circadian rhythms.

So, how many hours you work, how many hours you sleep and the impact of circadian rhythms will determine your success in coupling enough sleep with good performance. No wonder Belenky assures us that our fatigue may well be a function of factors beyond whether or not we drink energy drinks or do yoga.

Still, for all those suffering from too little sleep, he offers a solution. “You can split your sleep. Two thirds of the world does this, with people in many cultures taking a siesta.”

Those in jobs that demand unusual hours, such as airline pilots or doctors, take siestas while others cover for them, Belenky explains. And around the world, diners doze after the afternoon meal.

So, will nap areas be coming to your restaurant soon, so staff is never caught dozing over the saucepans? Or how about hammocks in the back—an idea for the future as refreshing as watermelon, lemonade and spritzers.

Ethel Hammer is a writer, lecturer and cartoonist based in Chicago.

WORRY AND SLEEP

Are you plagued by racing thoughts, and can neither turn off your mind nor stop worrying when trying to fall sleep?

“Anxiety or depression could be keeping you awake,” says Dr. Robin Haight, a licensed clinical psychologist in Vienna, Va., adding, “Sleep dysregulation can make a wide variety of anxiety problems or depression worse.”

Adults juggling a lot of balls may seem to be fine, but really they are suffering, she says, adding, “Sleeplessness may be how the anxiety manifests itself.”

So what can you do if too many responsibilities and troubling thoughts are keeping you up? “Take a break, even for half an hour, and get a little nap,” Haight says. “Close your eyes, decrease stimulation. Go to a quiet room. Lower the lights. Even 20-30 minutes during your body’s natural temperature dip can help you recharge.” A little sleep can be miraculously reviving.

If all else fails, therapy can help bed down anxieties, she adds. After all, if bad

behavior in kitchens can provoke anxiety, who doesn’t need a little help from time to time in a world fraught with fear of the future and pain from the past?

“Machismo and abusive behavior can undermine a person’s sense of worth, triggering underlying anxiety or depression and reactivating unresolved childhood traumas,” Haight says.

A yelling chef can remind you of an abusive parent or teacher. A disapproving coworker can revive early feelings of inadequacy or not being good enough. And these unresolved feelings can fill you with anxiety, keeping you up at night, even if they are not conscious.

“If you get injured on your body, you can slap on a bandage, and the wound may fester, stay infected and never really repair itself. With therapy, you open the bandage, clean the wound and let it heal,” Haight explains. “Yes, you may have a scar, but the good news is the wound will no longer hurt.”

“Sleep should be restorative, not just one more anxiety.”

The Butcher IS IN

A revived interest in butchery is a win-win for chefs and local producers.

By Jan Greenberg

IT WAS the most unlikely location imaginable—Kingston, a city in upstate New York with more storefronts vacant than occupied and miles of generic big-box chains and fast-food establishments. But in 2004, Josh and Jessica Applestone opened Fleisher's Meats, at the time the nation's only butcher selling local, humanely raised, grass-fed meats. Two years later, unable to make ends meet, they closed the doors.

Flash forward to today. The Applestones' reopened store, Fleisher's Grass-Fed & Organic Meats, still in Kingston, not only sells meat to a stream of steady customers but offers regular delivery to New York City dwellers and supplies restaurants

that include Dan Barber's Blue Hill at Stone Barns, Danny Meyer's Gramercy Tavern and Mario Batali's Casa Mono. The Applestones offer classes, demonstrations and intensive multiweek apprenticeships for aspiring butchers and meat fabricators. Clearly, times have changed.

MEET THE BUTCHER

Among the many workshops at October's Chefs Collaborative National Summit in Boston, "Meet the Butcher" was standing-room only as interested chefs and culinary professionals watched Gregg Rentfrow break down half a steer and a whole pig. Rentfrow is an assistant professor at the University of Kentucky College

of Agriculture, Lexington, Ky., where he teaches meat science, including slaughter, at the school's slaughterhouse and meat fabrication facility, licensed by the U.S. Department of Agriculture (USDA).

"I started out as a retail meat cutter," Rentfrow says. "The only time I saw anything other than boxed beef was once a year when we had a 4-H [Club] beef come into the store. In my mind, the evolution of boxed meat took away the art of butchery, certainly among retail store employees, but among chefs, as well."

The workshop was moderated by Bob Perry, former executive chef for the

This assorted charcuterie board is on the menu at Restaurant Eve.

Kentucky Department of Parks, where he instituted a direct-from-the-farm buying program. Perry now serves on the Chefs Collaborative Board of Overseers and coordinates the food-systems initiative at the University of Kentucky, working to link government, academia and advocacy groups with farmers and chefs. "Culinary schools rarely teach whole-animal butchery," he says. "And chefs increasingly really want to know how to do it. Meat fabrication is not only economical and yields much more potentially interesting cuts than the typical primal, but also helps keep local producers in business."

IT'S MOBILE

For most chefs, meat fabrication begins with a certain amount of trial and error. It is still largely self-taught, although there are apprenticeships, and culinary schools and state land-grant universities are incorporating it into their curricula.

On the grounds of The Garrison, a golf club across the Hudson River from the U.S. Military Academy at West Point, N.Y., Brandon Collins and Vinny Mocarski are co-chefs at Valley, a restaurant that grows much of its own produce and has developed

a network of local suppliers. "In general, life as a chef is completely different from what it was 15 years ago," says Collins. "It is now a recognized profession. But it has also evolved from picking up the phone and calling your food supplier and having everything delivered cut, cleaned and ready to go. Now, it's 'What farm will I get this from?' 'How will I find this?' Sourcing is much more hands-on than it used to be."

Valley chefs began fabrication with pigs and lambs, serving crispy pig's ears in addition to the usual chops and terrines. They recently got their first beef, a Red Devon, which was slaughtered in the first mobile slaughterhouse licensed by the USDA east of New Mexico, and only the fifth in the country. The slaughterhouse is a project of Glynwood, Cold Spring, N.Y., a nonprofit organization whose mission is to help communities save farming. The plan is to institute a network of these mobile units, which will, hopefully, begin to address what remains the logjam for small producers and their eager customers looking for grass-fed and non-feedlot-raised meat—the major shortage of USDA-certified slaughterhouses.



Meshele Armstrong

"Some gets ground into burgers, and some, for instance, the braising cuts, like our kabob meat, we utilize for banquets and staff meals," says Collins of the meat from the Red Devon. "We've seared spleen on a country-style bread, sautéed sweetbreads, served bone-marrow croustade on toasted brioche and figured out different ways to prepare the tongue so that our customers will eat it. It didn't work when we ran it as beef tongue pastrami on the menu, but when we had our servers call it pastrami beef tongue, and served it with soup, we had reorders."

GOING WHOLE-HOG—OR BEEF

In Alexandria, Va., Cathal Armstrong, one of *Food & Wine's* Top 10 Best New Chefs 2006, is chef/co-owner of three restaurants—including Restaurant Eve, awarded 4 stars by *The Washington Post*—and a soon-to-be-opened full-service butcher shop. For Armstrong, purchasing whole animals is more than just serving quality meat; it contributes to saving endangered breeds. He purchases beef and veal from Chapel Hill Farm,

Vinny Mocarski checks out a mangalista pig that will be used at Valley, which practices local sourcing and whole-animal fabrication.





Meshele Armstrong

Jose Fuentes breaks down a heritage breed Randall Lineback, a rare and endangered breed of cattle, at Restaurant Eve.

of Apulia. Like many urban chefs, Jackson finds it difficult to use large whole animals.

"In New York, space is the biggest constriction," she says. "I have a friend who got a small veal calf, and I was in his walk-in with him, and it was sort of like the dead horse in the dean's office. We just don't have the room to work on large animals, or the space to store. So we do a lot of smaller animals—a few kids a year, boars, goats. I like doing that, because I like to know where everything comes from, and it gives a certain respect for the ingredient."

Berryville, Va., where Joe Henderson raises Randall Linebacks, America's rarest—and an endangered—breed of cattle. Specially bred 100-200 years ago to feed on pasture, the cattle have a finely grained meat with little intramuscular fat.

"We buy the whole animal," says Armstrong. "Head, liver, testicles—everything except the lungs or tripe. We weren't trained in butchery, and when we started doing this, we basically said, let's just buy one and figure it out, because the only way to learn it is to do it. It's surprising how little new chefs know about all this, and I guess the way we all learn it is through bravery and brazening it out."

With three restaurants, Armstrong needs an in-house butcher. He singled out Jose Fuentes, who came to the U.S. from El Salvador, and trained at Washington, D.C.'s, Vidalia before joining Armstrong's team. "I've never seen anyone process so fast and so efficiently. He's like a Rumpelstiltskin—you give him straw and he weaves it into gold. It is just incredible," Armstrong says.

Restaurant specials include a Randall Lineback chop with bruléed fig and roasted baby onion with pecan truffle shaved on top, pan-roasted Randall Lineback on a rye crisp with baby carrots and Dublin spiced jus, head cheese from the veal, and fried testicles dusted with flour and fried and/or prepared with butternut squash ravioli, squash purée and veal glaze.

SPACE CONSTRAINT

Patti Jackson is executive chef at I Trulli, one of New York's iconic Italian restaurants, opened in 1994 by the Marzovilla family and featuring the cuisine

This is an issue that Chefs Collaborative's Perry is trying to address. "It may be somewhat difficult to get going, but chefs can find another restaurant and share the animal. Maybe one needs ground meat and another wants the larger roasts," he says.

"There is definitely a whole-animal movement," Jackson says. "I kind of attribute it to Fergus Henderson's *The Whole Beast: Nose to Tail Eating* (Ecco, 2004). We even see it at staff meal, where our employees are fighting over the brain. Butcher skills are definitely resurgent."

USE IT UP

Ryan Farr is a San Francisco chef who has discovered novel ways to solve the whole animal utilization issue. He has been called a nomad butcher, one with no restaurant or cafe. He gives butchery instruction to sold-out classes, makes sausages, operates a meat CSA (community supported agriculture) and is on call to roast whole animals on request at various venues and events.

"It's surprising how little new chefs know about all this, and I guess the way we all learn it is through bravery and brazening it out."

— Cathal Armstrong

Alex Dreyer prepares tartare at Restaurant Eve.



Meshele Armstrong

As former executive chef at San Francisco's Fifth Floor, Farr made chicharróns from the extra skin left from using whole pigs at the restaurant. After leaving Fifth Floor, he began making handmade sausages and hot dogs, which he sells at his popular 4505 Meats in San Francisco's Ferry Building Marketplace and by mail order. He recently started a meat CSA, varying each month's selection based on what animal is in-house. "We have a central kitchen we work out of, which is where we do our fabrication and preparation. We've been selling to restaurants for a while, but with this CSA, we are now able to complete the circle of complete meat utilization," he says.

Until recently, butchery was in many ways a solo enterprise for chefs. This year, Brady Lowe, whose Cochon 555 promoted porcine breed diversity and whole-animal utilization to cities throughout the nation, began Protein University, an online resource and video library created by a network of

chefs and butchers that also produces Primal, a national event celebrating chefs, butchers, fire cooking and responsible farms. The Protein University website (www.proteinu.com) features chefs showcasing fabrication skills, including Mark Dommen of San Francisco's One Market demonstrating whole-goat fabrication and Adam Sappington of The Country Cat, Portland, Ore., in a beef-butcher video.

According to Lowe, if using whole animals is to be considered sustainable, it must include the entire process. "Most important to me is paying the people who work hard in slaughterhouses a good wage, while holding processors to higher standards," he says.

A TRUE BUTCHER

In August, Tia Harrison and Marissa Guggiana founded the U.S. Butchers Guild (usbutchersguild.com), whose oath is: A true butcher has a good heart, source, hand and voice.

Harrison is co-owner of Avedano's, a full-service butcher in San Francisco, and chef/owner of Sociale, San Francisco. Guggiana operates Sonoma Direct, a meat-processing plant that works with local ranches and growers providing meat to area restaurants, and is the author of *Primal Cuts: Cooking with America's Best Butchers* (Welcome Books, 2010).

"We want to create resources and a network for the increasing number of chefs who are working with whole animals and butchers who are operating locally," says Harrison. "We will have lists of slaughterhouses, local farms and farms that ship. Members can promote their events. Our goal is ultimately to support local and sustainable farms, and we want to help those people who are doing that."

Jan Greenberg, author of *Hudson Valley Harvest* (Countryman Press, 2003), is based in Rhinebeck, N.Y.

Jim Eklund, operator of the Glynwood Modular Harvest System (MHS), with cattle in the holding pen. Currently stationed in Stamford, N.Y., the MHS is the first mobile slaughterhouse of its kind.



David La Spina

VAMOS *a* Mexico

Hands-on research from chefs who travel to Mexico gives an authentic touch to Mexican menus.

By Kathryn Kjarsgaard

RESTAURANTS and chefs must constantly reinvent themselves to stay fresh and relevant to guests. One way to replenish ideas and recipes is to get out of the restaurant—and sometimes even out of the country—to conduct hands-on research that can be translated to menus.

Many chefs with a focus on Mexican food are particularly committed to staying connected to the authentic recipes and latest trends of the cuisine by regularly visiting various cities, markets and restaurants throughout Mexico.

“You have to keep learning,” says Frank Scibelli, president of FS Food Group, which operates two Cantina 1511 restaurants in Charlotte, N.C. “This is a business where you need to keep reinventing yourself. Any restaurant needs to keep on developing, as this is our craft.

Ceviches on the menu at Richard Sandoval's restaurants include a variation on the traditional recipe with the addition of a green acidic broth from tomatillo or jalapeño.

Richard Sandoval Restaurants

Cantina 1511 staff visit markets in Mexico, exploring ingredients and getting inspiration for new dishes.

If you're not developing your craft, you're going nowhere."

Richard Sandoval, chef/chairman/CEO of New York-based Richard Sandoval Restaurants, also makes frequent trips to his native Mexico to filter new ideas into his 24 restaurants in the U.S., Mexico, Dubai and Qatar.

"I was born in Mexico, so Mexican food is in my veins," says Sandoval. "If you are doing Mexican food, it's important to go to the country for research and go to the markets and get a real feel for the food and what's happening, as opposed to looking in a book at recipes. You want to get your arms wrapped around it."

Sandoval takes three or four trips each year to visit everything from street-food vendors to markets to high-end restaurants. "I'm also very involved in the chef community there. I visit to get new ideas. In our industry, you can never stop learning."

DESTINATION CENTRAL

The staff of Cantina 1511 travels to Acapulco, Cabo San Lucas, Guadalajara, Mexico City, Oaxaca, Puebla, Veracruz and the Yucatan frequently for research and to cook with Mexican chefs. "I think Puebla and Oaxaca are the richest culinary areas," says Scibelli. "I go to different areas to see different styles of food. Mexican food is much more regional than people realize."

Before opening the first Cantina 1511 location seven years ago, Scibelli took numerous trips to Mexico for research. "I'm Italian, so when I wanted to open a Mexican restaurant, I knew I needed to go to Mexico and learn about the food."

Today he goes once or twice a year with his chefs. "We normally go to Mexico City, as it's easy to fly in and out of. It's a great city that reminds me a lot of New York. You always see new stuff there. The last time I went, we wanted to look at sandwiches, and we went to 50 places."

Scibelli also regularly invites chefs from Mexico to visit his restaurants as consulting chefs to help develop new dishes.

For his restaurant group, one of Sandoval's favorite places to visit is Oaxaca, which, he says, has great market food. He also visits the coastal town of Mazatlan to see what locals are doing with seafood. Mexico City is a must, he says. "It's a melting pot, so you'll find everything there. The markets and vendors are cutting-edge, and the chefs are doing amazing things at the high-end restaurants."

Alvaro Marquez looks across the border to Reynosa, his hometown, for menu inspiration at Remington's.



Other chefs, such as Alvaro Marquez, executive chef at Remington's Restaurant, located in the Embassy Suites McAllen in McAllen, Texas, draw inspiration for menu items from growing up in Mexico. Marquez is from Reynosa, which is located right across the border from McAllen.

Remington's, which is an independent restaurant specializing in steak, seafood and Mexican food, features many menu items inspired by food Marquez grew up eating. "I don't go back to visit much now, but I draw on foods from Reynosa and nearby Monterrey," he says. "I put my own ideas into the recipes. I change the menu every three months and work with seasonal ingredients. I also make my own seasonings, like the authentic ones for steak, chicken and fajitas."

FROM MEXICO TO MENUS

An authentic dish on Remington's menu is steak *tampiquena*, which features Angus beef with fajita flavoring served with Mexican rice, charro beans and two chicken enchiladas. "This is a very popular dish that was inspired by a dish in Monterrey," says Marquez. "I know the original place where they make this piece of meat, and how they season it. I went



Remington's Restaurant

FLAVORS

Paul David O'Hanlon

there 10 or 15 years ago. They use salt and pepper and serve it with plain rice and regular beans. So I made it more fancy by marinating it in fajita spices and serving it with more-flavorful rice and beans."

Remington's offers traditional Mexican buffets for lunch on Wednesdays and Thursdays. On Wednesdays, the featured meat is *cabrito* (goat) prepared Mexican-style with spices, then diced and sautéed in a large skillet. "The original inspiration was from Monterrey, but this is served everywhere in Mexico," Marquez says. On Thursdays, traditional gorditas with pork skin are featured. "These are like the ones in Reynosa, and I serve them with a tomatillo sauce and spices."

Another authentic twist Marquez brings to Remington's is that he frequently cooks to order in front of guests. "The buffets also have a *taquitos* station, which was inspired from the [Rio Grande] Valley right across the border. I cook the *taquitos* to order right in front of people. I also make the gorditas this way. It's more authentic, like they do in Mexico."

At Cantina 1511, Scibelli says they often run the findings from research trips as specials, including appetizers and entrées. "This allows us to play around with how

hard it is to execute in our setup. We can also get feedback from guests and decide what fits."

Carnitas Johnny is braised pork cooked in lard that was inspired from a trip. It is served with avocado/habañero salsa. Chicken Milanese tacos are another dish on the menu as a result of the staff's travels, inspired by a chicken cutlet sandwich. The tacos include crispy chicken, cabbage, avocado, pico de gallo and chipotle sauce on soft corn tortillas, served with a black bean spread, Yucatan-style pickled onions and tomato/saffron rice.

Sandoval likes to take traditional dishes and make a new interpretation. One example is his remake of the flavor profile of a traditional mole sauce for his enchilada mole. "I don't like to change the base of traditional sauces and dishes," he says. "I just incorporate new ingredients and color."

At Maya, located in New York and Dubai, he has served *pipian de cordero*, which is braised lamb shank with tomatillo/pumpkin-seed sauce, roasted-corn purée and pickled onions. "It's made out of pumpkin seed. The traditional way is to make pork braised with *pipian* sauce, but I use a lamb shank, instead."

He serves filet mignon tacos at Pampano, which has locations in New York and two venues in Mexico. "It's a traditional taco, but I changed the protein so that it's more tender."

Also on the menu at his restaurants is a variety of ceviches. "Ceviche is traditionally fish prepared with an acid, such as lemon or lime juice," Sandoval says. "I do a variation on this. I get acid from a tomatillo or jalapeño for a nice green acidic broth. It's a take on a traditional ceviche, and is my interpretation."

SAVE ROOM FOR DESSERT

Chefs are creating traditional Mexican desserts from their backgrounds and travels to Mexico. Fany Gerson, chef/owner of La Newyorkina in New York, makes *paletas*—a Latin American ice pop typically made from fresh fruit—from authentic Mexican recipes.

"I was born and raised in Mexico City, so I've had many *paletas*, but missed them while living in the U.S. for 12 years," says Gerson. "I spent the last two years researching and writing my first cookbook [*My Sweet Mexico: Recipes for Authentic Pastries, Breads, Candies, Beverages, and Frozen Treats* (Ten Speed Press, 2010)], then came back to New York to

Fany Gerson makes *paletas* from authentic Mexican recipes at La Newyorkina.

open my own place. Luckily, *paleterías* are found everywhere [in Mexico], and I even visited a town where the *paleta* originated, Tocombo, in the state of Michoacan."

Her company, La Newyorkina, opened in April 2010 at Hester Street Fair, a weekend street fair on Manhattan's Lower East Side. The *paletas* are also available at an area restaurant and grocery store. "I began with *paletas* because I thought it would be a good thing to do at a street fair and see how people liked it," she says.

They have been well-received, with some of the most popular flavors being mango/chile, fresh coconut, avocado and

hibiscus. The recipes come from Gerson's experience as a pastry chef and her knowledge of the Mexican palate.

"The presentation of the *paletas* is pretty standard, but the recipes vary from traditional ones when it comes to certain things, such as tropical flavors. It's hard to find good-quality ripe fruit such as guanabana, soursop and passion fruit, so we use the highest-quality purées made from fresh fruit. But the way we make them is the old-fashioned way."

Gerson visits Mexico anywhere from four to eight times a year. She plans to eventually open a Mexican ice cream shop



Richard Sandoval examines produce at a market in Guadalajara.

with a variety of ice cream-related treats along with other sweets and beverages.

Kathryn Kjarsgaard is a freelance food writer based in Forest Park, Ill.

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Grilled Cheese

GROWS UP

Chefs prepare grilled cheese sandwiches with an assortment of high-quality ingredients for mature audiences.

By Melanie Wolkoff Wachsman

SURE, grilled cheese is a favorite option on children's menus, but it doesn't have to be limited to those ages 12 and under—or nostalgic patrons. Many chefs place a more grownup version of grilled cheese on their menus, using adult-friendly ingredients and tweaks.

Creating a more sophisticated grilled cheese is easy. One simple solution is building a sandwich using an unexpected bread choice. Consider specialty breads such as flatbread, lavash, focaccia, ciabatta or even Texas toast.

"The bread is always important, as it really starts the process of how the sandwich will hold up and how it will chew," says Michael Smith, executive chef/owner of Michael Smith and Extra Virgin, both located in Kansas City, Mo.

PROTEIN POWER

Pairing cheese with protein enhances an ordinary grilled cheese by adding texture and distinct flavor. But when pairing meat and cheese, it's important to pay attention to both texture and flavor. If the meat is powerful, use a mild cheese,

At Graze, Madison, Wis., chef/owner Tory Miller menus The Bianca, a dessert grilled cheese featuring dulce de leche, mascarpone and raspberry preserves between cinnamon raisin bread.

recommends Smith. "The meat has to be thin enough that you can bite through it. If you add any crispy vegetable element, it can't be too watery."

Smith appeals to adult palates with his Wisconsin Edelweiss Emmentaler with duck confit. He builds the sandwich with fig jam, duck confit and either watercress or arugula enveloped between slices of hearth-baked whole-wheat bread. Pairing fig jam and duck made sense to Smith, who explains that the combination is common in the Perigord region of France. "The fig jam

is a way to make a spread, and Americans like 'jam' or 'marmalade' words," he says. Smith chose Emmentaler because of its nuttiness, sharpness and melting ability.

"Duck confit is overlooked as a meat for sandwiches," he adds. "It has a good meat taste. It is very tender and easy to chew."

At Salt Lake City's Huntsman Cancer Institute's The Point restaurant, executive chef Brandon Howard prepares grilled cheese using foie gras, Piper's Pyramid goat cheese, dried apricots and rosemary bread. First, he rehydrates sliced apricots in balsamic vinegar. Then he combines pâté de foie gras with unsalted butter. He spreads that mixture across rosemary bread, and tops with apricots and goat cheese. "The sweetness of the balsamic and apricots enhances the richness of the foie gras and subtleness of the goat cheese," Howard says. "Rosemary provides a fresh and earthy tone to the bread while blending well with the goat cheese."

ATTRACTIVE CONDIMENTS

To further dress up grilled cheese, Smith suggests adding unusual pickles and relishes, such as pickled cherries mixed with diced raw fennel or pickled jalapeños minced with capers and green olives.



GRILLED CHEESE AROUND THE COUNTRY

- Marc Forgione, chef/partner at Marc Forgione, New York, menus a Marcelli soft pecorino, black pepper brioche, fig jam and micro arugula grilled cheese sandwich.
- Candied bacon grilled cheese served on Pullman loaf with Colby Jack cheese is the creation of chef Brian Reyelt, Citizen Public House and Oyster Bar and Tasty Burger, Boston.
- Executive chef Santosh Tiptur of Co Co. Sala, Washington, D.C., serves truffle-scented brioche and aged cheddar cheese, which arrives with roasted tomato

soup and a cheese fritter drizzled with chipotle/chocolate/tomato cream sauce.

- At RH Restaurant & Bar, West Hollywood, Calif., executive chef Sebastien Archambault layers housemade plum and fig chutney, prosciutto, mozzarella, cheddar cheese and Swiss cheese atop locally made bread for his grilled cheese.
- Chef Paul Olson, Mission Table, Traverse City, Mich., builds grilled cheese with sourdough, Taleggio, local Leelanau Cheese Co.'s Raclette, heirloom tomatoes, arugula and basil mayo.

The Tomato Head, Knoxville and Maryville, Tenn., jazzes up grilled cheese with tomato jam. Chef/owner Mahasti Vafaie ate tomato jam that Maryville chef Robert Birkholz made, and thought it would taste delicious on grilled cheese. "The tomato jam is slightly sweet, so it blends well with the slightly salty taste of the cheese," she says.

The jam is prepared with roasted Roma tomatoes combined with balsamic vinegar, light brown sugar and salt. Vafaie assembles the sandwich with slices of country loaf French bread, tomato jam, Monterey Jack, smoked turkey and Benton's bacon strips.

Red-onion marmalade imparts a sweet/sour balance to Eric Gruber's nouvelle three-cheese grilled cheese. "It cuts some of the fat from the cheese and adds a crunchy texture," says Gruber, who is executive chef at Shore

Lodge in McCall, Idaho, a resort that operates four restaurants on the premises.

When planning the sandwich, Gruber looked for diversity in cheese flavors and meltability. He chooses fontina for its melting qualities and strong, pungent flavor, manchego for its meltability and great nutty flavor and Brie. "Brie's the strongest flavor of the bunch, and gives a different texture with the rind," he says.

UNEXPECTED TWIST

For some chefs, it's the surprise element that makes their grilled cheese sandwiches both memorable and adult-friendly. That's exactly what Barrie Lynn, The Cheese Impresario, a cheese educator based in Los Angeles, thought when she created the Oohhh Sandwich, which showcases Salemville Amish Blue cheese and peanut brittle between La Brea Bakery's country white bread. She serves the sandwich with a dollop of honeycomb. "It's a sweet/savory combination," Lynn says. "At first, people think this is a horrible idea. Then they taste it. Then they crave more."

Sean Currid, chef de cuisine at Cafe ZuZu at Hotel Valley Ho in Scottsdale, Ariz.,

| Chef de cuisine Sean Currid's truffle grilled cheese delights guests at Cafe ZuZu.



was changing the seasonal menu and wanted to come up with a sandwich that people craved and would return to enjoy again. His truffled grilled cheese, which features fontina, arugula tossed in truffle oil and oven-roasted tomatoes sandwiched between sourdough, was the result.

"I have always loved the ooey-gooley melting quality of fontina cheese, so that was an easy choice," he says. "Peppery arugula tossed with truffle oil is one of my favorites to use in the kitchen. I wasn't sure if greens on a grilled cheese would work, but after trying it, the combination fit."

Lastly, Currid thought a grilled cheese wasn't complete without tomato. Oven-dried tomatoes are featured on many items at Cafe ZuZu, so Currid thought, why not on grilled cheese.

At Stanton Social, New York, executive chef Chris Santos serves up grilled cheese sliders made with aged cheddar, house-cured jalapeño bacon, fried green tomato and lemon aioli on sourdough. Deciding on the combination of ingredients was easy. "Bacon, while being so assertive in its own right, really is a sponge for flavor because of the high fat content," Santos says. "We often apply cures to our bacon, be it maple, or mustard, or in this case, jalapeño. I love how the jalapeño adds a sharp bite against the creamy nuttiness of the cheese. That balances perfectly with the

Brandon Howard prepares a grilled cheese sandwich using foie gras, Piper's Pyramid goat cheese, dried apricots and rosemary bread.

tart flavor of the green tomatoes. We also add a nice slick of flavored aioli, which elevates the creaminess and richness of the grilled cheese. The lemon adds a nice citrusy acid to cut the salty bite of the bacon."

Santos advises other chefs to not shy away from using a blend of cheeses. "Don't be afraid to grate them and add seasoning and herbs to them," he says. "We add chile and cilantro to the cheese and grate it for our signature grilled cheese slider."

SANDWICH SUCCESS

A sandwich may sound, smell and look appealing, but there's only one way to know if it's a success. "A successful sandwich creates a craving," says Smith. "You need a zippy sauce or spread and the right cheese. Salt and pepper are huge in achieving the tastiness of the sandwich."

While it's easy to get excited about ingredients, consider heavy editing when it

comes time to build. "I try to stick with one or two ingredients only—like avocado, roasted zucchini, spinach, roasted mushrooms—the list is endless," Vafaie says. "I think adding more ingredients takes it away from being a grilled cheese and makes it more of a melt."

Howard adds that chefs should always look for fresh and exciting ingredients and use them in unexpected combinations. "Focus on making the most basic menu offerings personal and unique," he says.

To make a successful grilled cheese is simple, says Currid. "Use ingredients that you like. Splurge once in a while on unusual cheeses, breads, and even meats. Don't be afraid to experiment and have fun."

Melanie Wolkoff Wachsmen is a freelance writer based in Louisville, Ky., and a former editor of Chef and Chef Educator Today.

Wisconsin Edelweiss Town Hall Emmentaler and Confit Duck Sandwich

Michael Smith, Chef/Owner
Michael Smith, Extra Virgin,
Kansas City, Mo.

Yield: 4 sandwiches

8 slices hearth-baked whole-wheat bread
½ cup dried fig jam
2 cups shredded duck confit
2 cups Wisconsin Edelweiss Emmentaler cheese, shredded
2 cups watercress or arugula
3 T. softened butter



Method: Preheat oven to 375°F. Lay bread slices on work surface; spread with fig jam. Divide duck confit among 4 slices of bread. Divide cheese evenly over duck. Add watercress or arugula. Top with remaining 4 slices bread, fig-jam-side down. Lightly butter each side of sandwich. Toast in large nonstick skillet. Place on baking sheet in oven until hot and gooey. Serve immediately.

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Game Birds

TAKE FLIGHT

Flavorful game bird preparations win over diners and add value to the menu.

By Rob Benes

Jamie Bosworth

TODAY'S consumers are increasingly conscious of the need to eat more healthfully. Game birds are ideally suited to respond to the desire for healthier foods. Compared with other meats, such birds as guinea fowl and pheasant are high in protein and low in fat, and quail is high in iron.

"Menuing game birds is a value-added item, because the majority of the dining public does not cook game birds at home," says Tory McPhail, executive chef at Commander's Palace, New Orleans. "Plus,

game birds provide so much more flavor than chicken."

Gregory Denton, executive chef at Metrovino, Portland, Ore., says cooking game birds is not challenging. "The challenge exists in getting guests to order the item. When we serve quail, we cook the bird to only medium, so there's a bit of pink in the middle. When preparing squab, we cook it to medium to medium-rare. People are used to cooking chicken until there's no pink, so they think the quail or squab is not fully cooked.

The problem with cooking game birds to a well-done state is that the bird will be dry because of the lack of fat, and have a livery taste. This will turn people off from ever again ordering any kind of game bird."

States require restaurants to serve only game that has been slaughtered and dressed under inspection through a licensed purveyor/distributor. Wild game species that can be legally hunted under federal or state regulatory authority cannot be sold to restaurants, but can be harvested for personal consumption.

Chicken-Fried Quail with Curried Lentils, Herb Yogurt and Watermelon/Tomato Salad with Feta

Gregory Denton, Executive Chef
Metrovino
Portland, Ore.

Yield: 4 servings

6 quail, partially deboned
3 cups buttermilk
Kosher salt and black pepper, to taste
3 cups all-purpose flour
1 t. Hungarian paprika
1 t. cayenne
1½ gallons canola oil, for deep-frying
Curried Lentils (recipe follows)
Herbed Yogurt (recipe follows)
Watermelon/Tomato Salad (recipe follows)
1 cup diced or crumbled feta cheese
4 quail eggs, fried sunny-side up
2 T. chopped chives
1 t. sumac
2 t. extra virgin olive oil

1) Separate each quail into four pieces: two breasts with wings attached, two hindquarters. Put pieces in bowl with buttermilk; toss to combine. Marinate at least 2 hours, or overnight. 2) Remove quail from buttermilk; season with salt and pepper. Put flour in bowl with paprika and cayenne; combine. Toss quail pieces in

seasoned flour (coat well). Deep-fry in 375°F oil 4-5 minutes, or until crispy on the outside and juicy (but cooked) inside. Remove from oil; drain on paper towel. Sprinkle with salt. Keep warm. 3) Per serving: With large spoon, place 2 scoops lentils in center of plate. Drizzle thick line herbed yogurt around lentils, staying about ¼-inch from rim. Arrange quail around and on top of lentils as follows: Place 3 legs, then stack 3 breasts in between legs and slightly toward center of plate. Place 3 piles watermelon/tomato salad on top of drizzled yogurt; put ¼ cup feta cheese on top of salad. Place fried quail egg on quail. Finish with sprinkles of chives and sumac and drizzle of olive oil.

CURRIED LENTILS

2 T. extra virgin olive oil
1 T. chopped garlic
½ cup diced yellow onion
¼ cup peeled, diced carrot
¼ cup diced celery
1 cup lentils du Puy, rinsed, picked through
2 T. curry powder
3 cups water
Kosher salt and black pepper, to taste

Method: Put olive oil in medium-sized pot; heat over medium flame. Add garlic; sauté

until golden-brown. Add onion, carrot and celery; sauté 2 minutes. Add lentils and curry powder; mix well. Add water. Add 1 t. salt. Bring to a boil; reduce to a simmer. Cover pot with lid; cook 20 minutes. Let rest 10 minutes off heat before uncovering. Check seasoning; adjust with salt and pepper. Keep warm.

HERBED YOGURT

1 cup plain organic yogurt
2 T. chopped fresh dill
1 T. chopped fresh cilantro
1 T. chopped fresh mint
Salt and black pepper, to taste

Method: Combine all ingredients in bowl. Keep chilled.

WATERMELON/TOMATO SALAD

2 cups cubed watermelon
2 cups cubed heirloom tomato
½ cup extra virgin olive oil
Kosher salt and black pepper, to taste

Method: Combine watermelon, tomato and olive oil. Adjust seasoning with salt and pepper.

AGING 101

Whether or not to age birds (the polite euphemism for the process of decomposition) is a matter of personal preference.

McPhail says aging game birds can be a little tricky. "You need to take the proper steps in preparing the bird, and the correct temperature needs to be maintained while air circulates the carcass during the aging process. Finally, a great deal depends on the length of time you want to age the bird. The longer it ages, the stronger game taste the bird will acquire."

Commander's Palace orders whole ducks from Maple Leaf Farms, Milford, Ind., in

the fall months. Each duck arrives at the restaurant gutted and plucked. Before aging the ducks, McPhail rinses them in a heavy salt-water solution to knock down the natural bacteria inside the carcass, and rinses the birds thoroughly until the water is clean and clear. Next, the outside of the carcass is coated with curing salt and crushed black pepper, and the ducks are placed breast-side up on racks and stored in the butcher shop at a temperature ranging from 35°F to 40°F. Powerful fans circulate the air, and the ducks are turned every few days to help the natural juices move through the carcasses.

"What this all does is help remove much of the moisture from the skin and break down the meat to the point of 'funkiness,' where the meat is being tenderized by its natural enzymes and gaining a more sought-after rich, gamey flavor," McPhail says.

The ducks age for up to 10 days, after which they are rinsed and butchered into portions, and used as needed (the legs are used for confit).

To cook a breast, McPhail scores the skin and pan-sears, skin-side down, in rendered duck fat to about 75% doneness. He adds a little more fat to the pan, and gently rolls the

FLAVORS

breast over and continues cooking to rare to medium-rare. The breast is then removed from the pan, and allowed to rest. At service, it is sliced, plated, sauced with a bourbon- or whiskey-based sauce, and served with Louisiana sweet potatoes, roasted pecans, fall vegetables, roasted apples and walnuts.

"I always prefer fresh over frozen. A properly aged fresh bird has a distinctly superior flavor to one that's been frozen, and the longer it's frozen, the more flavor the bird tends to lose," McPhail says. "Plus, although you can find duck year-round, duck season is limited, and we serve only when the season is here. Commander's Palace follows the seasons and matches the foods appropriately."

ARE YOU GAME?

To help guests at Metrovino get comfortable ordering game birds, Denton prepares dishes with which his guests are familiar. "Most restaurants menu quail stuffed and baked or roasted or pan-fried, which, for game bird first-timers is uninspiring and could make them take a pass," he says. "Instead, we'll prepare a dish that guests can identify with and are more likely to order."

Denton menus quail as "chicken fried." Right away, a guest can identify with the dish because of its familiar description, he says. He sources quail from Nicky USA, Inc., Portland, that are fresh, cleaned and partially deboned (bones in the breast are removed). Each bird costs \$3.

After quartering the quail, the pieces are soaked in buttermilk for a minimum of two hours, and sometimes overnight, which tenderizes and tightens the meat, as well

Salmis of Chukar

Philippe Boulot, Culinary Director, The Heathman Restaurant & Bar; Executive Chef, Multnomah Athletic Club
Portland, Ore.

Yield: 4 servings

2 chukar partridges
½ lb. butter, divided
2 oz. diced carrot
2 oz. diced onion
1 oz. diced celery
2 oz. diced bacon
2 oz. diced Gravenstein apple
2 oz. calvados
8 oz. dry apple cider
3 oz. veal stock
¼ oz. juniper berries
2 bay leaves
Salt and black pepper, to taste
½ lb. parsnips, peeled
½ lb. Brussels sprouts
½ lb. fingerling potatoes
¼ oz. chopped fresh thyme
¼ oz. chopped fresh rosemary

1) Roast chukars in 350°F oven until two-thirds done (rare). Remove from oven; allow to rest 20 minutes. Remove both breast

and leg/thigh quarters from carcass. Set aside. 2) Chop carcass into 1-inch pieces. Sauté in saucepan with butter until browned. Add carrot, onion, celery, bacon and apple; put pan in oven to roast. 3) Deglaze with calvados; put on stove until calvados has almost evaporated. Add cider; reduce until almost dry. Add veal stock, juniper berries and bay leaves; bring to a simmer. Add reserved breasts and leg/thigh quarters; cook over low heat until meat is cooked to medium. Remove; season with salt and pepper. Reserve warm. 4) Strain remaining liquid into second saucepan; whisk in 1 T. soft butter. Season sauce with salt and pepper. 5) Toss parsnips, Brussels sprouts and fingerling potatoes with thyme, rosemary and remaining butter. Spread out on sheet pan; roast in 350°F oven until golden-brown. 6) Divide vegetables among four plates. Place a breast and a leg/thigh portion on each plate. Spoon sauce over meat; serve.

John Valls



as infuses flavor. At service, three breasts and three legs (approximately one and a half quail) are tossed in flour seasoned with Hungarian paprika, cayenne, salt and black pepper. "The quail pieces look like how mom would make fried chicken, with clumps of flour that will get toasty and crunchy when fried," Denton says.

The coated pieces are deep-fried for about four and a half minutes and yield a golden-brown, crunchy coating and juicy interior, with the meat near the bone slightly pink. The quail is served on a bed of curried lentils topped with herbed yogurt, along with a watermelon/tomato salad with feta and a fried quail egg (\$25/24% food cost).

"The dish is traditional Americana—fried chicken with baked beans and salad—with a new twist of ingredients," Denton says.

STICK WITH THE CLASSICS

Philippe Boulot, culinary director of The Heathman Restaurant & Bar, Portland, and executive chef of the Multnomah Athletic Club, Portland, points out it's important to be aware of your clientele's food knowledge and dining habits regarding game birds. "Some people are fully aware of game birds and have no hesitation in ordering the items or sometimes paying high menu prices," he says. "This is the case with my guests, so I prefer to prepare game birds in classic ways."

GAME BIRD COOKING TIPS

- Make the dish familiar, so guests are more receptive to ordering it.
- Make sure market/guests can support the dish by keeping price reasonable.
- Use the correct cooking technique.
- Marinating game birds is perfectly acceptable. Popular choices include red wines, citrus and herbs, and cider mixed with ginger. Birds should be allowed to marinate for at least four hours or overnight.

Boulot prepares chukar partridge with the classic full-flavored, highly seasoned salmis sauce. "I pay between \$12 and \$14 per bird, and charge \$25 [33% food cost] for the dish," he says. "But I know my guests can and will support this dish and appreciate the preparation."

To make a salmis sauce, the bird is first roasted to two-thirds of its cooking point, after which the breast and legs are removed. The carcass is chopped and sautéed in butter until browned. A mirepoix is added, and the pan is deglazed. Stock is added, and the meat is put back in the pan and cooked to medium. Finally, the sauce is strained and whisked with a tablespoon of soft butter, then seasoned. One breast and one leg/thigh portion is plated, sauce is spooned over the meat, and vegetables are added.

Another classic preparation, particularly of dove or quail, is *cocotte* (meaning "casserole"). A bird might be wrapped in applewood-smoked bacon, sautéed, and placed on top of a bed of mirepoix in a covered casserole. Depending on the size of the bird, the casserole is baked in the oven for about 20 minutes, which achieves tender meat and an abundance of juice to make a flavorful sauce.

NOT JUST ABOUT THE FOOD

Josh Thomsen, executive chef at Meritage at The Claremont, Berkeley, Calif., says people are willing to try new foods, particularly if they are going to a restaurant known for serving quality ingredients in well-prepared dishes. "But the food will not sell on its own. You also

have to have well-informed servers who know inside and out what is being served.

"I can use the best ingredients and plate the most amazing dish, but if the wait staff can't talk intelligently about the food, it will not sell. They need to answer every question asked of them right there at the table instead of coming back to the kitchen to find the answer. This is particularly important when it comes to game birds, because they are a specialty item. This starts with me, in that I need to make sure staff meetings and tastings are held prior to every dinner service."

If the wait staff is fully informed about the type of game bird being menued and how it is being prepared, and can relay that information to guests, McPhail says people will tend to order the item. "Just as all restaurants should do, we hold pre-service meetings with front-of-the-house staff to answer questions and hold tastings. You can't have the wait staff talk about food you're serving if they themselves have not sampled the food."

At Meritage, Thomsen prepares a roasted Sonoma duck with toasted farro, baby escarole, caramelized red onion and Frog Hollow Farm (Brentwood, Calif.) apricot

purée. "The caramelized red onion brings an earthy flavor, sweetness and a rich element to the dish. The escarole lends a touch of bitterness. The farro is a bit chewy, with a nutty flavor, and pulls the dish together. The apricot purée has additional sweetness. The duck is simply meaty and rich."

He prefers to use Moulard duck breasts, because, he says, "They are the best-tasting duck breasts, period." He pays \$12.90 a pound for the breasts, charges \$14 for a 3-ounce portion and \$28 for a 6-ounce portion, with a 30% food cost.

A Moulard is a cross between a Pekin and a Muscovy, and is raised primarily for the production of foie gras. It produces a succulent breast that lends itself to being grilled or smoked. Because of the feeding procedures required to produce foie gras, the breast meat of this duck is considerably richer with fats.

"Because it does not dry out as quickly as other breeds when grilled, it is the perfect grill option," Thomsen says.

Rob Benes is a food writer and the former editor of Chef and Chef Educator Today.

This roasted Sonoma duck with toasted farro, baby escarole, caramelized red onion and apricot purée comes from Josh Thomsen, executive chef at Meritage at The Claremont.



John Benson

Winter Brunch

GOES RETRO

For cool-weather brunch, chefs and their guests hark back to hearty—but often elegant—dishes.

By Karen Weisberg

WEEKEND BRUNCH is the meal to pack full of delicious decadence. Winter's chill adds allure to hearty seasonal comfort foods, as well as to your signature renditions of the classics that were just too over-the-top for summer-deflated appetites to appreciate.

Now, guests are seeking cozy "remembrance of things past"—think omelets, frittatas, quiche, crêpes and strata—the five guest

favorites that Gale Gand, executive pastry chef/partner of Tru in Chicago and author of *Gale Gand's Brunch!* (Clarkson Potter, 2009), asserts are brunch menu musts.

A brunch buffet or à la carte menu certainly can and should be cost-effective, while the guest perceives it as being well worth the price of admission. That holds true whether it's offered in the elegant Crown Room of the Hotel del Coronado in Coronado, Calif.

(\$75), or at a college campus cafe where it's included in the meal plan, or is \$9.75 for neighborhood walk-ins.

HARVESTING NATIVE RECIPES

About 100 students live on campus at the Institute of American Indian Arts (IAIA), Santa Fe, N.M., where their visual aesthetic as well as their palates are well-served by the meals created by executive chef Guido Lambelet and his staff at this Bon Appétit Management Company account.

Ciabatta slices soaked in a mixture of sugar, vanilla, almond extract, salt, milk, cream and egg become almond-crusted ciabatta French toast, one of Gale Gand's signature brunch items.

"Many IAIA students are from various pueblos in the U.S. and Canada, so we do Native American food on a regular basis throughout the year," Lambelet says. "Our Spirit of the Indian Harvest recipes alternate with international foods, including Italian, French, German, etc."

A brunch buffet is offered each Saturday and Sunday from 11 a.m. to 1 p.m., with an array of hot breakfast and lunch items set out, including a make-your-own waffle bar that alternates with made-to-order omelets.

Lambelet, who hails from the French border area of Switzerland and claims some Italian ancestry, as well, has a full repertoire of international dishes at his command. But he has worked hard to gather Native American recipes during the past year since Bon Appétit took over IAIA's foodservice contract. He finds the Spirit of the Indian Harvest focus—with recipes culled from students and faculty and gathered through his own research—a good one for winter

as it features hearty grains, sweet potatoes and other root vegetables. Pueblo Indian Pork Roast with maple mashed potatoes and grilled zucchini or Mohegan succotash is always a popular choice. The Red Chili Lamb Stew he prepares is from an authentic New Mexican recipe that came from a local Native American woman. "We use pre-trimmed lamb shoulder from Talus Wind Ranch, just outside Santa Fe. We cube it, brown it with garlic, onion and mushrooms, then combine it with red chili," Lambelet says.

To prepare the traditional red chili recipe, he soaks red chili pods (seeds removed) in warm water to rehydrate. Then, the pods are oven-roasted for about five minutes before being puréed with a bit of garlic and onion. Lambelet has learned that New Mexican chili—without beans—is more of a sauce; with beans, it becomes the so-called Tex/Mex version. "We'll serve it with different varieties of rice or various types of potatoes or even beans, but they'll be on the side, not right in the chili," he says.

At IAIA, lamb and pork are the more traditional proteins, with beef and chicken menued occasionally. "I'd rather use lamb instead of mutton for brunch. Although mutton is less expensive, it's also gamier," Lambelet explains. "We also do a stew or soup of ground buffalo for lunch or brunch, and leave it nice and chunky, thickened with potatoes and vegetables, for a hearty winter meal."

HEARTY BRUNCH

In San Diego, winter is more a state of mind than a reality, but a hearty meal is

Cherokee Brunswick Stew is one of several stews and soups that executive chef Guido Lambelet makes as Sunday winter brunch items for students at the Institute of American Indian Arts.

nevertheless thoroughly enjoyed. Peter Robson is chef/instructor in the culinary arts/culinary management program at San Diego Mesa College, and under his direction, students run the faculty dining room Monday through Thursday. In the morning, second-year students prepare lunch, then first-year students finish the prep and plate and serve the dish. Together, they run all aspects of front- and back-of-the-house operations.

"Although we're not doing winter brunch, per se, I stress the use of winter greens, such as Swiss chard," Robson says. "And we'll prepare a hearty quiche with root vegetables, or an authentic quiche Lorraine made the traditional way with Black Forest ham, Gruyère and Parmesan or other hard cheese grated on top to create a golden-brown crust to set off the creaminess of the egg yolks and heavy cream base."

The college doesn't serve brunch on weekends, because few students at this commuter college are on campus, but Robson has been providing R&D for a decade for Chicken of the Sea International (both foodservice and retail), and among his various recipes are two that fit the "hearty brunch" tagline: The Perfect Brunch Strata, featuring flaked salmon, and Smoked Salmon Frittata.

In his strata recipe, Robson suggests using fresh asparagus, which is not typically available in the winter. "If you're using frozen, instead, drain it really well," he cautions. "Or, par-cook rutabaga, turnip or beets, but don't overcook them—you want them to retain their shape. Also, if Gruyère cheese isn't available, use domestic Swiss, if need be."



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GRAZING THROUGH

The absence of below-freezing temperatures does not adversely impact the popularity of the huge and hearty winter brunch buffet mounted each Sunday and holiday at the Hotel del Coronado, just over the bridge from downtown San Diego. On a typical Sunday, 600-800 guests are served in the Crown Room, and on days leading up to the holidays, well over 1,000 come for brunch, with more than 2,000 on the actual days (Thanksgiving and Christmas). "It's so popular that we have to open both the Crown Room and the Grand Ballroom," notes executive sous chef Julian Quinones.

The buffet, which changes seasonally, boasts numerous action stations with omelets, waffles, paninis, salads and more, each at separate to-order stations. "It's an experience and a great value," Quinones asserts. "Some people spend the whole morning and afternoon here. You can start with light salads, then there's the charcuterie program, with fresh tureens done in-house."

Root vegetables and varieties of squash are in the spotlight during the winter

months, as well as braised lamb and braised short ribs. "Our braised short ribs with rosemary polenta or celery root purée and onions is a real comfort-type food in winter, and braised items in general are really our signature," Quinones says.

But with that said, he notes the lobster bisque "is to die for," as is cioppino, the traditional tomato-based Pacific Coast seafood stew of muscles, clams, fennel and wine. "It's hearty but light—a nice stew prepared from healthy, sustainable ingredients."

Here, desserts created by the sure hand and artistic eye of pastry chef Daphne Higa are worth saving room for, Quinones suggests. Among the extensive selection of seasonal desserts, including bread pudding, Higa has dedicated an entire

Peter Robson's take on hearty brunch includes this strata, left, which includes fresh asparagus (in season) or rutabaga, turnip or beets with flaked salmon, and a smoked salmon frittata.

table to chocolate—there's even a warm chocolate soup.

No matter the season, the special dietary needs of guests, including those pertaining to food allergies, are kept top of mind. "I personally meet with guests who have special needs and walk them through the menu, and if celiac disease or gluten sensitivity is the problem, I would prepare gluten-free items specially for them," Quinones says. "And Daphne has gluten-free cupcakes and pastries available. Guests appreciate it. We try to surprise them and 'wow' them while they're here."

A LA CARTE FOCUS

Think Provence, but place the look and feel and taste of it on the top floor of the Marketplace Design Center in downtown Philadelphia. There, Bistro St. Tropez is nestled, the creation of chef/owner Patrice Rames, whose classic cuisine, prepared

Sunday brunch at the Hotel del Coronado is a seasonal buffet from the kitchen of executive sous chef Julian Quinones that includes charcuterie and tureens, braised meats, lobster bisque and cioppino, and an extensive selection of desserts from pastry chef Daphne Higa.



simply yet elegantly from seasonal ingredients, transforms the setting from Philly to France. Although both the 2009 Thanksgiving and 2010 Mother's Day brunch buffet were "wildly successful," with about 300 guests at each, brunch at the Bistro is typically à la carte. "Buffets have their place, but I think people in Philadelphia are 'buffeted' out, especially with many locations charging from \$50 to \$80," general manager Mark Hoyt contends. "Originally, this was a lunch space in a good neighborhood for walk-in business, and that led to our offering Sunday brunch."

Bistro Benedictine (\$10) and Pain Perdu—challah French toast with bananas Foster, walnut pralines, crème anglaise, whipped cream and maple syrup drizzle (\$8.50)—are among the most popular hearty winter brunch items. Omelette Rossini, a plate brimming with foie gras, beef tips and truffle omelet (\$18), vies successfully with Bistro Quiche Lorraine (\$8.75), Omelette Plate à l'Espagnole—frittata with slow-cooked tomato, onion, Italian sausage, red bell pepper, basil and smoked paprika (\$8.50)—and fluffy lemon ricotta pancakes with honey butter, strawberry compote and whipped cream (\$7.50). The latter, one of Hoyt's childhood favorites while growing up in Culpeper, Va., he describes as tastefully decadent.

"Brunch is not typically the most healthful meal, although we do have some healthful options, such as the Moroccan Plate (\$9), which includes chickpea hummus, couscous salad, roasted beets, grilled red peppers, carrots, olives, lemon currant chutney and grilled pita. Plus, we recently introduced turkey sausage, because some guests asked for it as a non-pork protein option,"

These nectarine and mozzarella with pesto canapés come from Gale Gand.

Hoyt says. "However, you can never have too much pork for brunch. I guess people are looking to indulge, and there are not many aromas equivalent to bacon frying."

RETRO HITS

Then there's Nutella—as in Crêpes Nutella (\$7), described on the Bistro St. Tropez menu as sweet crêpe with Nutella, caramelized bananas and whipped cream. Nutella (a spread commercially produced in Italy since 1963) is the darling of the season's brunch menus, according to Gand of Tru. She notes its ever-growing popularity, especially in a buffet setting at a granola bar, or a crêpe bar where guests roll their own.

"I think enough people like me went to Europe in the '80s, had it in France and now they want their kids to enjoy it," she says.

"My kids eat it more than peanut butter. It's chocolate and hazelnut butter that's good on crêpes or spread on toast. It's gianduja [a chocolate analogue that contains about 50% almond/hazelnut paste], and that flavor combo is popular for chocolate mousse, etc."

According to Gand—who creates private brunch parties—there's no "wrong" in brunch. "In a restaurant, I prefer doing à la carte versus buffet, because your staff pays attention to each element. As to food cost, it's a tossup. You can 'fluff up' a buffet with inexpensive ingredients, and you don't need sexy descriptions or exotic ingredients on the menu, since there's no printed menu for a buffet."

She further notes that less staffing is required for a buffet, because there's less serving, so offering a buffet can be viewed



Ben Fink

as a labor-saver. However, there can still be waste at the end.

Using leftovers right at the outset of brunch prep is a smart plan, with the ultimate idea being *pain perdu*. "It's literally French for 'lost bread,' as in stale, then revived to become French toast," Gand says. "You can also use stale ciabatta to do almond-crusted ciabatta bread that becomes a great French toast, holey and sponge-like."

To prepare, Gand soaks ciabatta slices in a mixture of sugar, a dash of vanilla and almond extract, a pinch of salt, milk, cream and egg. She slaps down the soaked bread on top of slivered almonds that have been lightly toasting in a buttered pan.

Then, there's Spam. "We're seeing a lot of pork and exotic bacon, pork belly, all kinds of cured meats—and homemade Spam," Gand says. "I believe it's going to pop up on more and more menus, including for winter brunch."

"It's just a matter of time before it catches on. It's a perfect retro winter brunch food."

New York-based award-winning journalist Karen Weisberg has covered the issues and luminaries of the food-and-beverage world—both commercial and noncommercial—for more than 25 years.

SEVEN MENU APPLICATIONS *for* Yogurt

Start now to smooth out the menu and make calories count.

By Jody Shee

THE BETTER-FOR-YOU menu movement started years ago as a way to pacify consumers who said they wanted healthier items, but then didn't actually order them. Now the movement has broadened to address various issues and messages, including fighting obesity, eating sustainably, lowering sodium, eliminating undesirable ingredients/nutrients and adding others.

The movement is here to stay. It's time to reevaluate the menu and find ingredient substitutions that make sense. Yogurt is a good place to start for its versatility,

nutritive qualities and the fact that it's a menu staple for such cuisines as Mediterranean and Indian.

Menu labeling requirements by the U.S. Food and Drug Administration will also give a reason to take a new look at yogurt. "Soon, all restaurants will have to post nutrition labels next to every item on the menu. If you're using butter and mayonnaise in everything, you won't have pretty labels," says Adam Moore, corporate chef for Charlie Baggs, Inc., Chicago. The company provides culinary support for

national food companies, and often uses yogurt as a trendy, healthful ingredient.

"Right now on ingredient labels at the store, consumers like to see clean labels. When they look on the back of the pack, they don't want to see crazy additions to food as a preservative or binding agent. They want to see few ingredients. They want it to look homemade and not like some science experiment," Moore says, adding that the same will be true for restaurant menus. Yogurt is full of possibilities, as it can be used to add

For a refreshing alternative, forego sour cream in dips and use yogurt, as in this Wasabi Ginger Yogurt Dip.

This chicken salad packed with apples, grapes and red onions topped with crushed pistachios would normally have a mayonnaise dressing. Rather, it is tossed in a yogurt dressing, which helps reduce the calories.

moisture, lower fat, tenderize meat and increase protein and calcium content.

For inspiration, look at seven ways your colleagues have incorporated yogurt.

1 BAKE TO A DIFFERENT BEAT

Because of the tang and texture it adds, cookbook author Dorie Greenspan likes to use yogurt in baking. Among other things, she finds a place for the ingredient in pancakes and waffles. She wrote *Waffles: From Morning to Midnight* (Owen, Weldon

Chilled Yogurt Cucumber Soup

Tim Reardon, Culinary Director
The Food Group
New York

Yield: 6 (10 oz.) portions

1 qt. plain yogurt
1 qt. peeled, seeded, large-dice cucumber
¼ cup medium-dice onion
¾ t. minced garlic
2 t. minced jalapeño
1½ T. sliced almonds
2 t. chopped dill
1½ T. chopped cilantro
1 T. chopped mint
1 T. lemon juice
1 t. white wine vinegar
¼ cup olive oil
Salt, to taste

Method: Combine all ingredients in blender; blend until smooth and creamy. Refrigerate until cold. Serve in chilled bowl.

Recipe developed on behalf of The Dannon Co. Inc., White Plains, N.Y.



Charlie Baggs, Inc.

Inc., 2001), and notes that, like buttermilk and sour cream, yogurt yields a tender crumb. Instead of milk or buttermilk for a recipe, she may use $\frac{2}{3}$ yogurt to $\frac{1}{3}$ milk. To work with the acidity, she adds baking soda.

Another of her favorites is the classic French yogurt cake. The dessert is simple, and one of few that French homemakers prepare themselves rather than purchase from a pastry shop. "You can see the great characteristics of yogurt in the cake—the tang and the texture. The batter is lovely," she says, adding that you can do many things with the basic cake, such as add icing or a confectioners sugar/water drizzle; spread lemon or orange marmalade on it; cut it in layers and add jam between them; or make a birthday cake out of it.

Yogurt also works well in baking yeast breads, as the bacterium helps activate the yeast, says culinary consultant Gregory Schweizer of Schweizer Culinary Service, LLC, Lenexa, Kan. He also advises using baking soda when baking with yogurt, and suggests $\frac{1}{2}$ teaspoon for each cup of

yogurt. "It reacts better and will create a better consistency," he says.

Schweizer previously was director of culinary development for Olive Garden Restaurants and executive director of menu development and innovation for Applebee's International Inc.

2 DRESS THINGS UP

Yogurt works well in dressings and dips, partly because of its acidity and neutral flavor that can take on many additional flavors, Moore says, adding that the acidity almost eliminates the need to incorporate citrus or an acid such as vinegar. Replacing salt with acidity is one trick chefs are using to lower sodium content. Moore cites creamy Russian-style dressing as an example of one that layers flavors without the need for salt. While the dressing normally uses mayonnaise, yogurt is a good substitute.

For a lower-fat, lower-calorie ranch dressing, use yogurt in place of buttermilk, Schweizer says. Either use straight yogurt, or cut it with skim milk. "If your yogurt has a tendency to be too thin, refrigerate it and it will come back together," he adds. It also works well in place of mayonnaise as a binder for potato, tuna and chicken salad.

Schweizer prefers Greek yogurt for its creamy texture. "In my opinion, it's one of the better yogurts out there," he says.



Jon Montana, 2010 The Dannon Co. Inc.

FLAVORS

In the same way, yogurt can be used as a dip. Consider whipping it into hummus for a nice consistency, suggests Tim Reardon, culinary director for The Food Group, New York, a marketing/advertising agency that provides culinary support for clients, including The Dannon Co. Inc., White Plains, N.Y.

3 MAKE A NICE SPREAD

Think of how mayonnaise-based spreads could be updated with yogurt, including the use of yogurt cheese. It's something that fits with the movement in America to make calories count, says celebrity chef Jon Ashton, who also is a public advocate for ending childhood obesity.

Ashton makes yogurt cheese as the base for sandwich and panini spreads or to top a baked potato, and notes how simple it is to make. He lines a bowl with cheesecloth, pours in yogurt, pulls up and ties the sides of the cloth and hangs it over a bowl in the refrigerator overnight to drip dry. If he needs the cheese faster, he adds a weight to the top of it. The result is yogurt cheese as a foundation to add such flavors as garlic, mint, cumin or cilantro.

Grilled Rosemary Chicken Skewers with Roasted Garlic and Lemon

Tim Reardon, Culinary Director
The Food Group
New York

Yield: 12 (3 oz.) skewers, 6 portions

1½ cups plain yogurt
¼ cup roasted garlic paste
3 T. lemon juice
1 t. lemon zest
¼ cup olive oil
1 t. ground coriander
½ t. chili flakes
1 T. chopped rosemary
Salt and pepper, to taste
3½ lbs. chicken breast, 1-inch cubes
12 large rosemary sprigs, soaked in cold water

Method: Combine yogurt, garlic paste, lemon juice, lemon zest, olive oil, coriander, chili flakes, chopped rosemary and salt and pepper in mixing bowl; mix well. Pour over cubed chicken breast; marinate at least 20 minutes or up to 3 hours. To assemble skewers, with scissors, trim rosemary sprigs into 8-inch lengths. (Trim away top part of sprigs; reserve for future use.) Remove all but top 1-inch rosemary leaves. Skewer 5-6 pieces chicken from bottom of sprig up to remaining rosemary leaves. Season skewers with salt and pepper. Grill over medium heat (keep rosemary leaves away from direct flame to avoid burning).

Recipe developed on behalf of The Dannon Co. Inc., White Plains, N.Y.

4 MEET YOUR NEW TENDERIZER

There's a lesson to learn from the Indian favorite, tandoori chicken, which uses yogurt as a marinade base. Ashton points out that many chefs stick to the French tradition of marinating with wine, but the lactic acid in yogurt combines with meat to help break down the protein and tenderize. In his native England, he says the national dish of fish and chips has been replaced with chicken tikka masala, which is popular for its yogurt marinade.

When used as a marinade, make sure the yogurt hasn't been heat-treated, which will inactivate the enzymes that are important for breaking down protein, Schweizer says. He suggests using yogurt as a marinade in place of buttermilk for swordfish, shark or any other seafood that is tough by nature.

5 EXPERIMENT WITH SAUCES

Don't limit yogurt use to cold preparations. You can take the marinade and turn it into a sauce. When heating it for a braise or sauce, Reardon suggests using a full-fat

Reardon also makes yogurt cheese, and advises that the longer it drains, the firmer it becomes. "The end result is a creamy, spreadable cheese, similar to goat cheese or cream cheese in consistency," he says. "It can be a base for cake icing. I whip it with powdered sugar and vanilla to make a nice icing or with a little lemon for a lemony icing."

Consider applications for aioli and how yogurt could be the stand-in ingredient. You could make a roasted garlic aioli with yogurt as a sandwich spread, Schweizer says. "It becomes a little healthier and lighter than mayonnaise."



Jon Montana, 2010 The Dannon Co. Inc.

Rather than rely on butter, this Spiced Walnut Yogurt Sauce goes a different direction for a refreshing, unexpected flavor.



Charlie Baggs, Inc.

This quinoa salad with shredded carrot, dried fruit, cucumber, small-diced red onion, pistachios and parsley gets a nutrition boost with yogurt dressing.

yogurt like Greek yogurt (versus low-fat or nonfat), because heating causes separation. He adds a little cornstarch to prevent the separating.

Yogurt works well in French béchamel sauces in place of heavy cream. "The result is a nice creamy, tangy richness," Reardon says. For the same reason, yogurt is a good substitute in hollandaise sauce. "You're cutting the fat and calories of the base and getting the benefit of yogurt. It's a great trade-off."

Trading out butter for yogurt in beurre blanc also works well, Moore says. In any case, he recommends making sure the yogurt is room temperature before adding it into a sauce, to help with the incorporating process.

"We're not used to cooking with yogurt. We think of it for breakfast, for a parfait. Many never think of it to use in sauces or as a substitution," Moore says. "You might think it's a crazy substitution, but try it, taste it and put your own spin on it."

6 CREAM A SOUP

A dollop of yogurt in place of sour cream on top of a soup before serving is a light, simple soup application, but it can also be added as part of the hot or cold preparation for the velvety creamy texture it can add, Reardon says.

For a chilled soup, consider a purée of yogurt with cucumbers, garlic and herbs such as mint and dill, with the addition of

almonds. "It makes a wonderful chilled soup," he adds.

For the likes of butternut squash soup, Schweizer advises replacing heavy cream with yogurt. In that case, don't bring the yogurt to a full boil, but, rather, fold it in afterwards. If you still need thickness, combine yogurt with cornstarch and a bit of cold water to make a paste, then stir it in. It will thicken and make a creamy texture without breaking down. He advises that it's OK to let the yogurt simmer in the soup pot, but not fully boil.

7 DRINK IT UP

Finally, beverages have long benefited from yogurt. Consider the popular Indian mango lassi and the Mideast thinned-yogurt ayran. Lassi is a favorite of Ashton's, who suggests using peaches instead of mangoes. Or, add a bit of vodka to make a cocktail to serve with spicy food.

While yogurt is a natural for smoothies, think about using it in frozen coffee drinks, Reardon says.

"I think it's a great time for yogurt," he adds. "I think it's time we got tuned in to the benefits of consuming yogurt daily, not just for breakfast or as a sweet, but across the board. For chefs, it's versatile enough to incorporate as a healthy ingredient on menus. I can feel good about using a good quantity of it."

Jody Shee, an Olathe, Kan.-based freelance writer and editor, previously was editor of a foodservice magazine. She has 20 years of food-writing experience and writes the blog www.sheefood.com.

YOGURT TIPS

Follow the advice of those who have mastered yogurt on the menu.

- Use plain yogurt only. Flavored yogurt includes sugar, and in the flavoring process, it loses some of its probiotics, making it less healthful, says Adam Moore, corporate chef for Charlie Baggs, Inc., Chicago. He prefers Greek yogurt for its rich smoothness. "Greek yogurt can be high in fat, so you may choose low-fat Greek yogurt."
- The most important aspect of working with yogurt is how the temperature interacts with the fat content and how it affects the consistency, says Tim

Reardon, culinary director for The Food Group, New York. When making the Greek cucumber/yogurt dip tzatziki, be sure to drain the yogurt and squeeze the water out of the cucumbers.

- Use yogurt as soon as possible for the best flavor and consistency. It gets sharp with age, although it keeps up to several weeks in the refrigerator, says Gregory Schweizer of Schweizer Culinary Service, LLC, Lenexa, Kan. He adds that anyone wanting to have menu items suitable for diabetics will want to include yogurt. It's a great item for diabetics.

RIDING *the* NEW Chocolate WAVE

The bean-to-bar movement means more—and more interesting—flavor profiles for chocolate.

By Robert Wemischner

CHOCOLATE is not just chocolate anymore. Artisanal producers are increasingly choosing specific growing regions from which to source their cacao beans. They are passionately taking this food of the gods to ever more celestial heights, making chocolate in small batches.

At the same time, pastry chefs are discovering the incredible diversity of flavor profiles that chocolate beyond the generic types can bring to a wide range of sweet applications. Smoky,

fruity, lemony, tart and pleasantly acidic all describe these bean-to-bar creations.

COMPLEX FLAVOR PROFILES

Ask Art Pollard, founder of 10-year-old Amano Artisan Chocolate, Orem, Utah, to describe his chocolate, and he will use words such as “floral,” “plum-like,” “slightly acidic” and “citrus-like.” He further describes the bars in his line of single-origin chocolates as exhibiting nuttiness (Jembrana, made from beans sourced in

Bali, Indonesia), or subtle notes of bergamot orange, cinnamon and clove flavors (Dos Rios, from the Dominican Republic).

When speaking about the two milk chocolates currently in the line, he identifies an underlying caramel with creamy richness of flavor, or a hint of licorice and honey. Yet others in the dark-chocolate category evoke the flavors of green banana, blackberry, molasses, coffee and almonds.

Plugrá European-Style Butter and
The Food Channel

EUROPEAN STYLE, LATIN AMERICAN ORIGIN

Although all but two of Amano's chocolates contain a combination of cocoa solids and cocoa butter equaling 70%, Pollard points out that this measurement in any given chocolate may not be an indication of quality. "What's important is sourcing high-quality cacao beans and then roasting them properly to bring out their inherent flavor complexity," he says.

For the pastry chef, using chocolates with complex flavor profiles presents both opportunities and challenges—opportunities to imbue desserts with a multidimensional personality and challenges to find the right combination of ingredients that play well with the chocolate's own flavor profile.

Rebecca Millican, pastry chef-instructor at The Institute of Culinary Education in New York, who works closely with Amano, admits that "sometimes what you think will work doesn't turn out as expected. Sometimes, using a fruity-tasting chocolate, such as the Ocumare from Venezuela, in a fruit-centered dessert will yield a dessert that works, but not always. Sometimes this ripe-fruit quality in the chocolate is at odds with the fruits in the dessert. So I let my palate be my guide, tasting the elements of the dessert separately and together as I go.

Although its overall large production capacity may not place it squarely in the realm of artisanal bean-to-bar producers, Felchlin in Schwyz, Switzerland, produces Cru Sauvage (68% total cocoa solids and cocoa butter content) from the cacao beans of wild plants in Bolivia in small enough quantities that it qualifies to be in that rarefied company.

Without any sourness or bitterness, these rare beans make quite a journey from their origin to the dessert plate. Beginning deep in the Amazon region of Bolivia, they travel 1,000 miles to La Paz, then over a high pass to the Andes and eventually to the Chilean port of Arica, from which they are shipped to Panama and then across the Atlantic Ocean to Rotterdam, Netherlands. From

there, they go up the Rhine to Basel, Switzerland, and eventually reach the Felchlin plant not far from Lucerne.

Stephan Iten, the company's executive pastry chef, notes that Felchlin usually processes larger batches, using machinery designed for cacao beans twice the size of the Bolivian variety. The machinery was tweaked slightly, by installing finer-meshed screens, to accommodate the smaller size of the deeply chocolatey wild beans.

"The chocolate has a citrus, almost grapefruit personality, which blends well with tart fruits," Iten says. For example, in one of his recipes, passion fruit flavors a cremeux, which is placed inside a Cru Sauvage chocolate mousseline, offering a visual and gustatory surprise.

"When I am making a chocolate dessert that includes many other flavors, I tend to choose a more neutral-tasting chocolate that acts as a background for the other flavors in the dessert."

Alan McClure, owner/founder of Patric Chocolate, Columbia, Mo., a micro-batch chocolate producer, says he formulates

Stephan Iten, executive pastry chef at Felchlin, uses Cru Sauvage wild cacao chocolate to fashion the Piemonte, a hazelnut chocolate mousse set over a flourless chocolate sponge with a crunchy croquantine layer.

his chocolates for interesting flavor, and not necessarily to be the least viscous and easiest to work with. "I always tell chefs that if they want to mold thin chocolate shells, they might want to look elsewhere," he says.

His chocolates range from 67% to 75% cocoa butter/cocoa solids. "You can't make good-quality chocolate out of poor-quality cacao," McClure says. "My chocolate is not created for every pastry chef who is used to using chocolates with a more neutral flavor profile. Balance and character are what I focus on when making my chocolate. Chocolate, above all, should be delicious. That is the reason for a food like chocolate to exist.

"Chefs look for complex, interesting flavors in the foods they cook with, but when it comes to chocolate, these very qualities can often seem to be a liability."

Not to Rhonda Ruckman, pastry chef at Herbsaint in New Orleans, who created the Patric Cake, a signature chocolate cake designed to allow the characteristic flavor





Robert Wemischler

| An assortment of bean-to-bar chocolates.

notes in the company's cocoa powder and chocolate to shine and not be overshadowed by other ingredients in the dessert. "My goal is to allow the flavor of the cacao to come through loud and clear, unmasked by other flavors," she says. "Chocolate in these two forms dominates the cake."

To keep the chocolate flavors front and center and to round out the visuals on the plate, Ruckman adorns the cake with either a simple vanilla bean crème anglaise or a custard sauce flavored lightly with a delicate Tasmanian leatherwood honey. She adds texture on the plate with a shard of honeycomb as garnish.

AN ETHNIC SLANT

Alex Whitmore, founding partner of Taza

Chocolate, Somerville, Mass., is another chocolate producer who controls the process from bean to bar. "Our entire process is completely inspired by the Mexican chocolate-making tradition," he says. "When there, I saw how they made chocolate. There is a tradition where the townspeople bring spices, herbs, chilies, almonds, dried vanilla and cacao beans to a miller in town who grinds these foods by hand, using a large mortar and pestle made

Patric Cake

Rhonda Ruckman, Pastry Chef
Herbsaint
New Orleans

Yield: 8 servings.

9 fl. oz. water
1.4 oz. Patric Chocolate extra brut
cocoa powder
6 oz. all-purpose flour
9 oz. granulated sugar
1 t. salt
0.25 oz. baking soda
9 fl. oz. buttermilk
4 fl. oz. flavorless oil
2 eggs
Sour Cream Ganache (recipe follows)
Ganache Glaze (recipe follows)

1) Coat 9-inch x 9-inch square pan with pan spray; line bottom and sides with parchment paper. 2) Boil together water and cocoa powder, stirring frequently (mixture will thicken). Set aside, off heat; cool to at least 130°F. 3) Sift together flour, sugar, salt and baking soda. In another bowl, mix buttermilk, oil and eggs; add to dry ingredients. Using whisk attachment on electric mixer, mix thoroughly on medium speed 3 minutes. Scrape down

bowl. Add cooled cocoa; mix 2 minutes on medium speed. Scrape down bowl well. Rest batter 20 minutes. 4) Scale batter into prepared pan. Bake in preheated 350°F oven 35 minutes. 5) Allow cake to cool completely. 6) To assemble: Line ring molds with appropriate-sized strip of acetate. Using 2-inch round cutter, cut 16 rounds of cake, using two rounds for each dessert portion. Place cake round in bottom of each ring mold. Pipe in layer of sour cream ganache to cover cake and reach edges of ring molds. Place another cake round on top of the piped-in ganache layer; press gently to compact. Top off with more sour cream ganache; level top with spatula. Freeze. To garnish: Remove cakes from rings; remove acetate. Place cakes on rack; glaze completely with ganache glaze.

SOUR CREAM GANACHE

6 oz. unsalted Plugrá butter
4.5 oz. sour cream
9 oz. powdered sugar
3 oz. unsweetened Patric Chocolate
1.5 oz. Patric Chocolate 70%
Madagascar, Sambirano Valley

Method: Melt butter in large pot or kettle. Put sour cream and sugar in bowl of mixer fitted

with whisk attachment. Bring butter just to a boil; add chocolates. Lower heat; stir continuously to prevent scorching. Bring mixture to 170°F. Add hot chocolate to sour cream/sugar in mixer; emulsify. Mixing slowly at first, scrape down well; mix on speed No. 3 for 3 minutes (mixture should be completely homogenous without "breaking" and well-emulsified). Store, covered, in container at room temperature; place piece of plastic wrap directly on top of ganache to prevent crust forming on surface. As ganache cools, it will thicken.

GANACHE GLAZE

6 oz. Patric Chocolate 70% Madagascar, Sambirano Valley, chopped
1 T. honey
8 fl. oz. heavy cream

Method: Put chocolate and honey in stainless-steel or glass bowl. Bring cream to a simmer. Pour hot cream over chocolate. Let stand 1 minute; gently stir to blend. When ready to glaze frozen cakes, heat ganache gently over pan of simmering water. Do not allow chocolate to get too hot or mixture will separate. Ganache should flow easily and be just slightly warmed.

of volcanic stone. Now, they use motorized mills, but, nonetheless, I was impressed by the simplicity and beauty of that process. I saw the cacao, vanilla, almonds and even chilies being combined to yield a rustic but delicious chocolate, the product that embodies the spirit of what we make at Taza."

The texture of this chocolate is pleasantly grainy, thanks to the minimal processing. "This appeals to consumers who appreciate the rustic, low-tech approach and the fact that we use biodynamically grown cacao and vanilla in our chocolate," Whitmore says. "And pastry chefs, too, find the chocolate easy to work with, easy to melt and appropriate as a main ingredient in many desserts."

Celebrating the efforts of artisanal producers, whether their product is bread, cheese, olive oil, heirloom produce or bean-to-bar chocolate, chefs cultivate valuable connections. Connecting to those who produce the prime ingredients they use every day in the kitchen often leads to creations that are truly in harmony with and take the best advantage of these lovingly produced prime ingredients.

Being able to ask the chocolate maker to describe a particular chocolate he or she is currently making can help the pastry

This Crudo Sensation is a hazelnut dacquoise layer with a dark milk chocolate cream layer served with orange caramel sauce and orange segments.

chef zero in on particularly felicitous uses of a specific chocolate. And what winds up on the dessert plate will be all the more successful for it.

Robert Wernischner (www.RobertWernischner.com) teaches professional baking at Los Angeles Trade-Technical College and is the author of four books, most recently, *The Dessert Architect* (Cengage Learning, 2010).





Recipe: *Pastry Chef of the Year*

Ingredients: 2 cups determination
3 cups inventiveness
2-1/2 cups creativity
4 cups outstanding*

**outstanding may be substituted
with freakin' awesome*

Congratulations to Andreas Proisl and all the fantastic and extremely talented competitors he was able to triumph over at this year's American Culinary Federation show to become the Pastry Chef of the Year.

Well done, Andreas. We're grateful to have been part of this momentous event.

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Lamb LEGENDS

There are countless stories to tell about special dishes that include lamb.

By Kay Orde

ALL those who love lamb—whether chefs or guests—remember a lamb dish that surpassed all others. It might have been a creative preparation of the beloved lamb chop, or it might have used an unusual cut in a dish that gave new meaning to the word “mouthwatering.” These innovative recipes, below, pair lamb with a host of intriguing ingredients—and are guaranteed to generate more lamb legends.

Braised Denver Ribs

Brad Barnes, CMC, CCA, AAC,
Associate Dean
The Culinary Institute of America
Hyde Park, N.Y.

Yield: 6 servings

4 racks American lamb spareribs
Sea salt and freshly ground black pepper
4 T. seasoned flour
4 T. olive oil
3 cups small-diced onion
4 carrots, small diced
3 celery stalks, peeled, small diced
3 large garlic cloves, thinly sliced
3 T. tomato paste
1 cup red wine

3 cups lamb stock
½ cup brown sugar
½ cup balsamic vinegar
6 fresh rosemary sprigs
2 bay leaves
2 T. cold butter

1) Roast ribs on rack at 425°F 15-20 minutes to remove excess fat. Remove; cool. Cut into 4-inch pieces. Season each piece with sea salt and pepper; dust with seasoned flour. Heat olive oil over medium heat in 8-quart heavy-bottomed casserole pan. Brown rib pieces in batches until all sides are dark brown. Remove each batch to platter. **2)** Add onion, carrot, celery and garlic to pan. Put pan back on stove over medium heat; cook, stirring occasionally, 5-7 minutes, or until vegetables are lightly browned. Stir in tomato paste; cook 2-3 minutes. Add red wine; cook 4 minutes. Add stock, sugar, vinegar, rosemary

sprigs and bay leaves; stir to combine. Add browned rib pieces. Cover; roast at 250°F at least 2 hours until ribs are fork-tender. **3)** To serve: Remove casserole from oven. Remove braised ribs to heated platter. Strain liquid into stainless saucepan. Bring to high heat; simmer on low heat until reduced by half and sauce is a glaze. Season with salt and pepper, to taste. Add butter. Brush glaze over ribs.

Recipe is courtesy of the American Lamb Board.



American Lamb Board

Lamb Stew with Cipollini Onions and Potatoes

Yield: 4-6 servings

¼ cup olive oil
3 lbs. boneless leg of lamb, trimmed of excess fat and sinew, cut into 1½-2-inch pieces
Salt and freshly ground black pepper
2 T. all-purpose flour
3 fresh Christopher Ranch California garlic cloves, finely chopped
1½ cups dry red wine
¾ cups beef broth
1 (15-oz.) can diced tomatoes, with juice
1 T. tomato paste
18 small Christopher Ranch cipollini onions
12 small red-skinned potatoes, halved
2 large carrots, peeled, cut into 1-inch pieces

1) Heat oil in large heavy pot over medium-high heat. Sprinkle lamb with salt and pepper; toss with flour in large bowl to coat. Working in two batches, add lamb to pot; cook until brown, about 10 minutes. Using slotted spoon, transfer lamb to bowl. Pour off excess oil.

2) Add garlic to same pot; sauté over medium heat until tender and fragrant, about 1 minute. Add wine; simmer over medium-high heat until reduced by half, stirring to scrape up browned bits on bottom of pot, about 5 minutes. Return

lamb to pot. Stir in broth, tomatoes/juice and tomato paste. Cover partially; simmer over medium-low heat until lamb is just tender, stirring occasionally, about 1 hour. **3)** Cook onions in medium saucepan of boiling water 2 minutes. Drain; cool. **4)** Peel onions; cut off root ends. Add onions, potatoes and carrots to stew. Simmer until lamb and vegetables are tender, about 25 minutes. Season, to taste, with salt and pepper.

Recipe is courtesy of Christopher Ranch LLC.

Lamb Kabobs with Kiwifruit Chutney

Jacques Imperato, Chef
Cassatt's
Arlington, Va.

Yield: 12 servings

3 T. olive oil
1 T. minced garlic
3 T. fresh chopped ginger
1 cup chopped onion
1½ t. curry powder
¾ t. red pepper flakes
15 Zespri green kiwifruit, peeled, diced, divided
3 bananas, peeled, diced
6 T. each orange juice, lime juice, malt vinegar
6 T. brown sugar, packed
3 T. each chopped fresh cilantro, mint
6 lbs. boneless lamb leg, cut in 1-inch cubes
3 T. olive oil
1 T. curry powder
1 T. salt
¾ t. freshly ground black pepper

1) Heat oil over medium heat. Sauté garlic and ginger until golden. Add onion, curry powder and red pepper flakes; cook 1 minute. Add 9 kiwifruit, banana, orange juice, lime juice, vinegar and brown sugar; bring to boil. Reduce heat; simmer 5 minutes. Stir in remaining



kiwifruit, cilantro and mint. Set aside. **2)** Put lamb in large bowl; drizzle with oil. Mix curry powder, salt and pepper with lamb; toss until coated. Arrange lamb on 12 skewers. Grill 4 minutes on each side, or until desired doneness. Serve with kiwifruit chutney.

Recipe is courtesy of Zespri® Kiwifruit.

Lamb, Lime and Mango Salad

Yield: 12 entrée servings

⅓ cup Thai fish sauce
½ cup fresh lime juice
3 T. soy sauce
1½ T. minced fresh red Thai or jalapeño pepper
1 T. packed brown sugar
10 garlic cloves, peeled, roughly chopped
1 bunch cilantro, stemmed (reserve stems)
⅓ cup peanut oil
2 t. kosher salt
1 t. freshly ground black pepper
2¼ lbs. lamb leg steak, trimmed of excess fat, sliced about ¾-inch thick
12 cups torn frisée, washed, dried
3 cups diced mango
1½ cups diced avocado
12 green onions, including light-green parts, sliced

1) Whisk together fish sauce, lime juice, soy sauce, red Thai pepper and brown sugar; set aside for sugar to dissolve. Taste to adjust seasoning. **2)** Combine garlic, cilantro stems, oil, salt and pepper in food processor; blend to make paste. Spread paste on both sides of lamb. Cover; marinate, refrigerated, about 30



Zespri Kiwifruit



minutes. **3)** On medium-hot grill, cook steak on each side 3-4 minutes for medium-rare. Set aside to cool. Cut into strips. **4)** Per serving, line plate with 1 cup torn frisée. Divide and arrange mango, avocado, green onion and lamb on top. Drizzle 1 T. dressing on each salad. Garnish with cilantro leaves, if desired.

Recipe is courtesy of the National Mango Board.

Curried American Lamb and Peas in Phyllo
Joe Alfano, Executive Sous Chef
Universal Orlando
Orlando, Fla.

Yield: 250 appetizers

10 lbs. ground American lamb
 18 oz. (2 large) yellow onions, small dice
 1 T. chopped garlic
 1 t. minced fresh ginger
 1 jalapeño pepper, seeded, finely chopped
 3 T. olive oil
 2 t. turmeric
 2 t. garam masala
 ½ t. white pepper
 2 T. salt
 2 T. cornstarch
 ¾ cup water or chicken stock
 18 oz. frozen young peas
 48 oz. plain yogurt
 3 T. finely chopped mint leaves
 250 mini phyllo cups
 Scallions, as needed for garnish

1) Sauté onions, garlic, ginger and jalapeño in oil until onions are caramelized golden-brown. Add lamb; cook on medium-high heat until lamb is seared well and well-caramelized. Add turmeric, garam masala, white pepper and salt. Thoroughly mix cornstarch with water; stir into lamb mixture, continuing to cook on medium-high heat. Add peas; cook until lamb is glazed and peas are bright green, approximately 10-15 minutes. **2)** Blend yogurt with mint leaves. Fill squeeze bottle. **3)** To serve: Fill phyllo cups with ½ oz. lamb mixture; top with ¼ oz. mint yogurt. Garnish with scallions. Serve warm.

Recipe is courtesy of the American Lamb Board.

Seared American Lamb Chops with Goat Cheese Soufflé

Tim Love, Chef
Lonesome Dove Bistro
Fort Worth, Texas

Yield: 12 servings

48 American lamb double-cut rib chops
 Olive oil, as needed
 3 T. + 1 t. kosher salt
 ¼ cup cracked pepper
 2 T. Lonesome Dove Game Rub (recipe follows) + more, as needed
 ⅔ lb. unsalted butter
 2 T. finely chopped shallots
 2 t. finely chopped garlic cloves
 2 cups all-purpose flour
 2 cups whole milk
 24 oz. goat cheese
 12 eggs, separated
 ¼ cup salted butter
 1 cup cornmeal
 1 cup coarsely chopped walnut halves

1) Brush lamb chops with olive oil. Season lightly with 3 T. salt and pepper. Rub with game rub. Put on medium-hot grill 5 minutes

each side. Remove from grill; rest 10 minutes. Put lamb back on grill 3-4 minutes each side, or to desired degree of doneness: 145°F for medium-rare, 160°F for medium, 170°F for well-done. **2)** In sauté pan, melt butter. Sauté shallots and garlic. Add flour; stir until smooth and bubbly. Whisk in milk; mix until smooth. Remove from heat; pour into mixer bowl. Beat in goat cheese until thoroughly combined. Add egg yolks, 2 T. game rub and 1 t. salt; beat until blended. **3)** In separate bowl, whip egg whites into stiff peaks. Mix ⅓ whites into egg mixture. Fold in remaining ⅔ whites. **4)** Rub 12 (8-oz.) ramekins with butter; dust with cornmeal. Line ramekins with walnuts. Pour 1 cup mixture into each ramekin. Bake at 350°F 30 minutes, or until toothpick inserted in center comes out clean.

LONESOME DOVE GAME RUB

(makes 4¼ cups)

1 cup guajillo chile powder
 1 cup kosher salt
 ¾ cup freshly ground pepper
 ½ cup ground cumin
 ¼ cup dried rosemary, finely chopped
 ¼ cup dried thyme leaves, finely chopped
 ¼ cup garlic powder
 ¼ cup packed brown sugar

Method: Mix all ingredients well. Store in airtight container.

Recipe is courtesy of the American Lamb Board.



PairOFF

When chefs and sommeliers collaborate, the result is some notable food-and-wine matches.

By Suzanne Hall

TUNA on French toast with Riesling. Baby octopus and Greek salad with Pinot Noir. Unusual? Perhaps. Delicious? Absolutely. And these are just two of the pairs recommended when we asked chefs and their sommeliers to match signature dishes with wine-list favorites.

RIESLING AND TUNA

Mez in Charlotte, N.C., is not your typical restaurant. The main dining room and intimate bar have a supper-club feel. The owners also run the adjacent movie theater, and guests can choose to eat in the dining room or take their food to the movies. Don't look for hot dogs and popcorn, though. Instead, the kitchen serves up entrées such as miso-infused black cod and cold-smoked pork chops. Pistachio-crusted goat cheese is a small-plate offering, so is seared ahi tuna on ginger/lemongrass French toast with citrus honey and chili oil

(\$12). "The dish plays tricks on your mind, and is the kind of thing we like to do," says Anoosh Shariat, executive chef.

The French toast is made from a ginger/lemongrass-infused egg bread, such as challah or brioche. It is topped with seared rare tuna and served with a honey/lemon sauce. A few drops of red chile sauce garnish the plate for accent. "It's a sweet-and-sour dish," Shariat says.

"But not really sweet," adds Brad Byrd, Mez's food and wine director. He maintains a 300-bottle international wine list, offers about 50 wines by the glass and tends to look for boutique selections. To pair with the tuna dish, he selected the 2009 J. Lohr Monterey White Riesling (glass, \$8, bottle, \$32).

"Tuna normally is paired with Pinot Noir, but goes with either red or white wines,"

At Mez, this ahi tuna on ginger/lemongrass French toast from executive chef Anoosh Shariat is paired with a white Riesling by Brad Byrd, food and wine director.



Shariat

Byrd says. "With this particular dish, I like the Riesling. It has some apple and apricot and a little sweetness that pairs well with the dish. It's not over-the-top, though. It's an off-dry wine."

PINOT NOIR AND BABY OCTOPUS

Scott Clime did select a Pinot Noir for our pairing quest. The beverage and wine director of Washington, D.C.-based Passion Food Hospitality chose the 2007 Andrew Rich Cuvee B Willamette Valley, Oregon, Pinot Noir (glass, \$16, bottle, \$64) to accompany Grilled Baby Octopus with Greek Salad, Warm Halloumi Cheese and Tzatziki (\$12). The starter was created by his brother Chris Clime, chef de cuisine at PassionFish, a Passion Food Hospitality restaurant in Reston, Va.

The dish begins with a whole 1-1/4 lb. octopus poached at a slow bubble for 1 hour, 45 minutes, in red wine and herbs. Then the

AT THE BAR

head is removed, and the octopus is cleaned and divided into serving-size quarters. After marinating in herbs, it is chargrilled to heat it through, and served with a cucumber/tomato/kalamata olive salad on a bed of tzatziki with three triangles of grilled Halloumi cheese. The octopus is drizzled with an olive/red wine aioli.

"The charred octopus is meaty enough for a red wine, and the Andrew Rich is excellent with it. It's made in the Old World style—lean and earthy like a true Pinot," Scott Clime says. "Also, the sharp acidity in the dish blends well with the wine and brings out its bright red fruit."

PassionFish is a casual fine-dining venue featuring a sushi bar, a raw bar and a fresh-catch list of five to eight fish each day.



Scott Clime



Chris Clime



Lamb tenderloin wrapped in phyllo, a signature dish at Marcel's from chef de cuisine Paul Stearman, is accompanied by either a Gigondas or a Vacqueyras chosen by sommelier Moez Ben Achour.



Ben Achour

Scott Clime's wine list numbers about 140, including sake, with 29 offerings by the glass.

"The list is a mix of fruity New World wines and the more earthy Old World bottles," he says. "The Andrew Rich Pinot is quite popular. We go through a case and a half to two cases a week."

GIGONDAS OR VACQUEYRAS AND LAMB

With a wine list numbering 650-700 labels from France and around the world, including about 17 offered by the glass, Moez Ben Achour, sommelier at Marcel's, a formal dining room in Washington, D.C., had myriad choices when selecting a wine to accompany chef de cuisine Paul Stearman's lamb tenderloin wrapped in phyllo. He chose two—the 2005 Vacqueyras Vieilles Vignes Patrick Lesec (\$75) and the 2005 Gigondas Domaine Santa Duc (\$85)—to accompany the signature dish, one of 28 offerings on the restaurant's prix fixe menu. Guests pick and choose from the selections to create their own meals.

"Lamb tenderloins are small pieces of meat. We season, sear and marinate them in Dijon mustard, then wrap a couple in phyllo with sautéed spinach, duxelle of wild

mushroom, garlic and chives," Stearman says. "We sear them again to brown the pastry, then bake them in the oven to serve to guests' preferences. When sliced, the dish is like a mosaic. It's served with potato purée, baby carrots with beurre blanc and a cumin/Madeira au jus."

"The result is a dish with a very mild lamb flavor. The sauce adds a touch of gaminess and has a nice spicy edge from the cumin."

Ben Achour is well-acquainted with that sauce, and all the sauces coming out of Stearman's kitchen. "Before service each night, I taste any new sauce," he says. "Sauces are as important when selecting a wine as the main element of the dish. The Vacqueyras is earthy, with a long, smooth finish. It has a nice mineral touch and a nose of wet lavender. It's a good fit with the sauce for the lamb. The Gigondas is more on the dry side, but goes equally well with the dish."

GRUNER VELTLINER AND SHRIMP AND GRITS

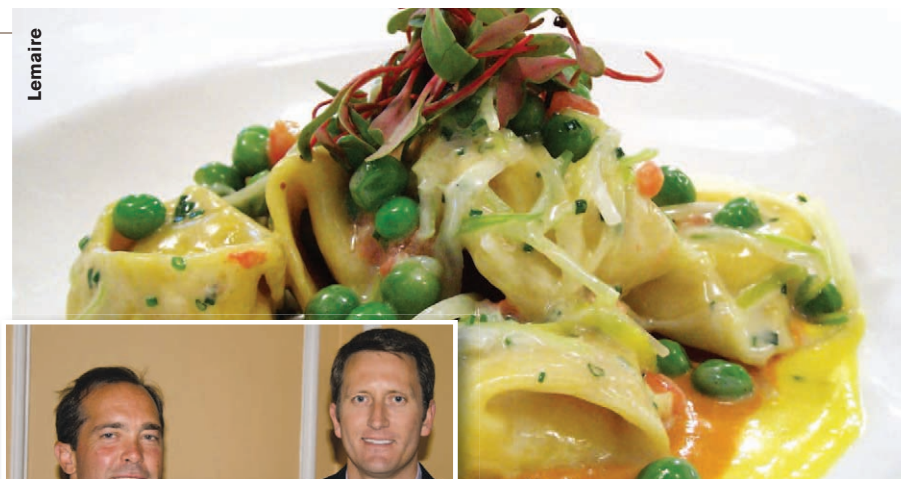
Scott Harper, one of only 170 professionals worldwide to hold the title "master sommelier," is wine director/partner at Bristol Bar & Grille, a restaurant group with five locations in the greater Louisville, Ky., area, including a unit in Jeffersonville, Ind., where Richard Doering is executive chef. One of Doering's signature dishes is shrimp and grits (\$9.99, lunch, \$14.99, dinner), which he created to further use the cheese grits already on the brunch

Grilled baby octopus, Greek salad, warm Halloumi cheese and tzatziki is offered as a starter by Chris Clime, chef de cuisine at PassionFish, and comes with a Pinot Noir chosen by Scott Clime, beverage/wine director at Passion Food Hospitality.

menu. To those mild cheddar grits, he added shrimp, Granny Smith apples, bourbon/sorghum veal demi-glace and country ham.

"We bake the grits to a nice firm consistency, almost like a grit cake but with a lot more moistness. To serve, we scoop them out and flatten the ball and pour everything over the top for a nice rustic look," Doering explains.

Harper, who maintains a "value-driven and eclectic" 60-label wine list with 40 wines by the glass and a 40-wine reserve list at the Jeffersonville location, admits it can be difficult to pair wine with shrimp and grits. He found the right match in the 2008 Allram Gruner Veltliner (glass, \$6.25, bottle, \$21). "The Gruner Veltliner is a medium-bodied, food-friendly wine," he says. "Its acidity and fruit cut through the demi-glace and cleanse your palate for the next bite.



"It's also low in alcohol, which makes it pair well with the country ham. Salty doesn't work with high-alcohol wine."

Gruner Veltliner is becoming more familiar and popular, Harper notes. "But it can be a hard sell. Once people try it, though, they generally like it."

CHARDONNAY AND TORTELLONI

Ben Eubanks, director of restaurants/wine for The Jefferson Hotel in Richmond, Va., searches the world for wine to add to his lists. Sometimes he finds what he wants close to home. An example is the 2008 Montdomaine Chardonnay (glass, \$8, bottle, \$32) made 70 miles down the road in Monticello.

He paired the wine with free-range-egg tortelloni stuffed with Goats R Us (Blackstone, Va.) goat cheese and served with baby carrots, English peas, slow-roasted tomato purée and fire-roasted yellow pepper coulis. The dish was created by Walter Bundy, executive chef of Lemaire, the hotel's fine-dining room.

The dish begins with fresh housemade pasta prepared with free-range local eggs and stuffed with local goat cheese and

Scott Harper, wine director/partner at Bristol Bar & Grille, found the right wine to pair with executive chef Richard Doering's signature shrimp and grits in a Gruner Veltliner.

Free-range egg tortelloni stuffed with goat cheese, carrots, peas, tomato purée and yellow pepper coulis, crafted by Walter Bundy, executive chef of Lemaire in The Jefferson Hotel, is paired with a local Chardonnay by Ben Eubanks, the hotel's director of restaurants/wine.

herbs grown in Bundy's restaurant garden. The tortelloni is parboiled and tossed in butter, and the vegetables are blanched with butter. The dish is plated in a pyramid, with concentric rings of the sauces. The pasta is surrounded with the vegetables and garnished with local micro greens.

"The flavor profile is herbaceous," Bundy says. "It's rich and light at the same time. It's satisfying and fulfilling and a good vegetarian dish."

The wine is one of 250 labels on the wine list and 10 wines by the glass. "It is lightly oaked, with ripe, fresh fruit flavors and a tremendous texture that matches up with several of the elements in the dish. It has great structure and a very persistent finish," Eubanks says.

The 2008 Montdomaine Chardonnay and Bundy's tortelloni dish are in keeping with the restaurant's commitment to serving and promoting Virginia products.

Suzanne Hall has been writing about chefs, restaurants, food and wine from her home in Soddy Daisy, Tenn., for more than 25 years.

A TOAST

... to the outstanding contributors of the culinary world and beyond.



Ferdinand Metz, CMC, WGM, AAC, HOF, president emeritus, The Culinary Institute of America, Hyde Park, N.Y.,

managing partner of the Master Chefs Institute and president of Ferdinand Metz Culinary Innovations, joined Le Cordon Bleu Schools North America as executive dean and chairman of Le Cordon Bleu Schools' National Advisory Board in September. Metz, a member of Mid Hudson Culinary Association, will oversee the board, provide strategic direction and further develop the board. He will also assist in the design and implementation of innovative new programs specifically focused on students and industry needs.



Walter Staib, chef/proprietor, City Tavern, Philadelphia, a member of ACF Philadelphia Chapter, received the Mid-Atlantic Emmy Award

for On-Camera Talent—Program Host/Moderator Sept. 25 at the 28th Annual Mid-Atlantic Emmy Awards, held at the Loews Philadelphia Hotel, Philadelphia. Staib's show, "A Taste of History," is in its second season and currently airs on PBS in Philadelphia and select stations nationwide.



Trisha LeBlanc, a student at Ivy Tech Community College—Central Indiana, Indianapolis, a member of ACF Greater

Indianapolis Chapter and the 2010 Be Like "Mike" winner, was one of 14 culinary students to receive the Zwilling J.A. Henckels and Share Our Strength's Cutting Edge Student Scholarship to attend Share Our Strength's Conference of Leaders, Oct. 16-18, in Washington, D.C. The scholarship program engages rising stars in the culinary industry in the fight to end childhood hunger in America.



Darrin Fikstad, executive chef, Fikstad & Associates, Palm Springs, Calif., a member of Mid Hudson Culinary Association,

cooked as one of two guest chefs at a dinner party for the Panama City Beach Chaîne des Rôtisseurs in June. Fikstad prepared cumin-seed-encrusted pork tenderloin for guests.



Ron Duprat, executive chef, Marriott Hollywood Beach, Hollywood, Fla., a member of Fort Lauderdale ACF Inc., participated

in the Haiti Huddle 2010, Oct. 6 at Viva Vocé Café, Oakland, Calif. The fundraiser benefited relief efforts in Haiti, where Duprat grew up, through Food for the Poor, Inc., and the Florida Marlins' Homes for Haiti program.



Michael Riggs, Ph.D, CEC, FMP, associate professor of culinary arts at Bowling Green Technical College, Bowling Green,

Ky., a member of ACF National Chapter, recently spent two weeks participating in the British Experience in Living and Learning as a recipient of the 2010 Bell Scholarship. He researched the history of international cuisines at Oxford University, worked with the chef and staff at Harris Manchester College, spent time in London and visited the Westminster Kingsway College's culinary program. In addition, he took a course at Le Cordon Bleu Paris and visited Bruges, Belgium.



Christopher Koetke, MBA, CEC, CCE, dean of Kendall College School of Culinary Arts, Chicago, and vice president of the Laureate

International Universities Centers of Excellence in Culinary Arts, received Chefs Collaborative's inaugural Pathfinder Award for his dedication to raising awareness of the importance of sustainability in the food industry. The award, which was presented at the Chefs Collaborative Sustainability Awards Dinner Oct. 4 in Boston, recognizes leaders who are catalysts for change in the food industry beyond the kitchen. Koetke is a member of ACF Windy City Professional Culinarians Inc.



Kevin Cramb, a member of ACF National Chapter, was named executive chef for the Hong Kong region by Sodexo in September. In his

new role, Cramb will head up the core menu program, Sodexo Prestige—the events catering program, and recipe development for the more than 30 units in Hong Kong.



Kirk Bachmann, CEC, AAC, vice president of education, Le Cordon Bleu Schools North America, Hoffman Estates, Ill., **Don**

Dickinson, CEC, CCA, AAC, culinary

director, Institute of Technology, Roseville, Calif., a member of ACF California Capital Chefs Association, and

Jeff Henderson,

executive chef, The Henderson Group, Inc., Las Vegas, a member of ACF National Chapter, were awarded the



Antonin Carême Medal by the Chefs Association of the Pacific Coast Inc. at the Antonin Carême Dinner, held at Los Altos Golf & Country Club, Los Altos, Calif., Nov. 6. Bachmann, Dickinson and Henderson were recognized for their outstanding contributions to the culinary profession, education and advancement of the culinary arts.



Robert Hedetniemi, CEC, certified executive chef, nutrition services, National Institutes of Health, Bethesda, Md., a

member of ACF National Chapter, hosted a healthy-cooking demonstration with "Biggest Loser" Pete Thomas in October during the USA Science & Engineering Festival's Expo on the National Mall in Washington, D.C.



Gregory Sharpe, CEC, chairman of the board and past president of ACF Nations Capital Chefs Association, was

recently hired as executive chef at Belle Haven Country Club, Alexandria, Va. Sharpe worked as executive chef with Aramark in Baltimore at Oriole Park and The Baltimore Convention Center before joining the staff at Belle Haven Country Club.

NCR WANTS TO HEAR FROM YOU

Have you or a colleague recently received an award or promotion? Send your news and high-resolution headshot to ncr@acfchefs.net.

ACF CERTIFICATION HIGHLIGHTED AT ASIAN "FEASTIVAL"



ACF president Michael Ty, center, with Kevin Wong, left, and George Wong, right, at the first annual Asian Food Festival.

While a lively crowd of foodies grazed on the authentically prepared foods and beverages of 20 Asian restaurants, ACF national president Michael Ty, CEC, AAC, made the case for certification before a group that is rarely exposed to it: Asian-American chefs, restaurant owners and their fans.

More than 600 people attended the first annual Asian Food Festival at the Sheraton LaGuardia East Hotel, New York, Sept. 6, where Ty not only educated restaurant owners and their chefs about the value of certification, but informed the many lay gourmands in attendance about the professionalism and high standards that underpin ACF certification.

"There is no reason why there can't be more Asian-American chefs earning certification and being part of this organization," Ty said.

The event was founded and organized by ACF Certification Commission member Wendy Chan and daughter Veronica Chan.
— Milford Prewitt

SAN DIEGO CHAPTER MAKES AWARDS DINNER POSSIBLE



Mike Ames, center, president of Chefs de Cuisine Association of San Diego, assists Eric Satrom, left, and Raul Quevedo, students from the chapter's culinary arts Explorers Post, as they prepare for the Explorers Post Awards Dinner.

More than 350 guests gathered in the main ballroom at the Holiday Inn on the Bay, San Diego, Sept. 26, for the first Explorers Post Awards Dinner for the fire department, police department and border patrol in San Diego in more than 11 years. The dinner was arranged by Chefs de Cuisine Association of San Diego, which began a culinary arts Explorers Post in January.

The Exploring program offers students 14-20 years old career opportunities, life skills, citizenship, character education and leadership experiences in a variety of trades. In addition to securing the venue and dinner at a low cost for the organization, the chapter enlisted the help of its Explorers to help plan the menu, prep, cook and serve.

NORTH CAROLINA CLUB OFFERS CULINARY TRAINING FOR SOLDIERS



Spc. Pacifico Soldati, left, and Sgt. Daniel Hanshew, right, cook alongside Russell Neff at Highland Country Club, Fayetteville, N.C.

Looking for ways to give back to the community, 10 years ago, Highland Country Club in Fayetteville, N.C., began offering training to soldiers in the culinary field from Fort Bragg, N.C. Russell Neff, CEC,

now executive chef, and a member of ACF Triangle Chefs, says it is a simple way he and his staff can help the soldiers, many whom will soon be deployed.

"They have the opportunity to participate in banquet production, become familiar with à la carte cooking for our restaurant and learn the fundamentals of baking for several weeks," says Neff. Sgt. Daniel Hanshew and Spc. Pacifico Soldati were the club's most recent graduates Sept. 17.

IN MEMORIAM

We mourn the passing of our fellow culinarians, who meant so much to the industry and to the American Culinary Federation.

T.E. Williams, CEC, CCE, AAC

ACF Chefs Las Vegas

Samuel P. Caniglia

ACF Chicago Chefs of Cuisine Inc.

Rhett Denman

ACF Tampa Bay Culinary Association Inc.

Peter Kokenes

ACF Chicago Chefs of Cuisine Inc.

SEND US YOUR NEWS

NCR wants to hear what our ACF chapters and ACCEF-accredited programs are doing. To be included in the Newsworthy section of an upcoming issue, please send a summary of your event along with a high-resolution photo and caption to ncr@acfcchefs.net.

COOKS CAMP OFFERS STUDENTS TASTE OF REAL WORLD



Chef volunteers at this year's Cooks Camp, from left to right: Sheila Hamm, Dan Remark, Pam Mock, Larry Gilpatrick,

Beth Ringlein, Mark Kent, Carolyn Bell, Janea Makowskin, Ron Perkins and Michael Edwards. Not pictured, Connie Pacanovsky.

Forty students from across Ohio participated in the 9th annual Cooks Camp, a four-day workshop that offers students the chance to see what working in a professional kitchen is like. The camp, which was created in 2001 by Ron Perkins, CEC, CCE, AAC, and Mark Kent, CEC, is part of the Team Cuisine Program and is sponsored by numerous organizations, including ACF

Akron-Canton Area Cooks and Chefs Association, ACF Columbus Chapter, ACF Sandusky Bay Area Chefs Chapter and Maumee Valley Chefs Chapter ACF. This year's camp took place at Tri-Rivers Career Center in Marion, Ohio. Students' hard work, approximately 55 hours total in the kitchen, culminated in a grand banquet at which they prepared gourmet offerings for parents, teachers and industry partners.

CHEF AND CHAPTER GIVE BACK TO WORTHY CAUSE



Dwight Evans, left with Dave Franklin, center, catering coordinator, Vera Mae's Bistro, and Marry Dollison, volunteer director with the Roy C. Buley Community Center.

When Dwight Evans heard that the Roy C. Buley Community Center in Muncie, Ind., was going through difficult financial times, he decided to put his culinary skills to work and help with a fundraiser. The center offers a variety of services to youth, adults and senior citizens ranging from cultural to recreational programs. Evans, who attended the center growing up, is now executive chef at Covenant Village of Northbrook, Northbrook, Ill., and a member of ACF Chicago Chefs

of Cuisine Inc. He enlisted the help of ACF East Central Indiana Chapter and students at Ivy Tech Community College—East Central Indiana's Muncie campus. More than 300 guests attended the "From Ghetto to Gourmet" fundraiser dinner Sept. 16 at Cornerstone Center of the Arts in Muncie.

BECOME A MEMBER OF THE HONOR SOCIETY



Honor Society of the American Culinary Federation

Do you know of a hardworking, dedicated and qualified chef? Encourage him or her to apply to become a member of the American Academy of Chefs. Academy Fellows demonstrate the highest standards of professionalism within ACF, their communities and the foodservice industry. The Academy's primary mission is to promote the education

of culinarians by mentoring and awarding scholarships to students seeking a future in the culinary industry.

To become a member of the Academy, an official application must be requested by an Academy Fellow on behalf of an individual pursuing induction. Applications are available from the Academy national office and require a nonrefundable \$35 application fee. The application for induction into the

Academy is at www.acfchefs.org/AAC. Applications are valid for one year and must be submitted to the Academy national office by Dec. 31 of the year preceding induction (Dec. 31, 2010, for induction in 2011).

Contact: American Culinary Federation, Academy Administrator, 180 Center Place Way, St. Augustine, FL 32095; Academy@acfchefs.net; (800) 624-9458, ext. 102.

CompetitiveEdge

Upcoming ACF-Approved Culinary Competitions

Visit the ACF Web site, www.acfchefs.org, for more information and updates.

December 3, 2010

ACF West Virginia Chapter

Site: National Institute for Culinary Arts, Beckley, W.Va.

Chair: Leonard Bailey, CEC; lbailey@mountainstate.edu; (304) 929-1386; fax (304) 929-1621

Category: ST2—Student Team State Competition

December 10, 2010

Site: Kapiolani Community College, Honolulu

Chair: Alan Tsuchiyama; atsuchiy@hawaii.edu; (808) 734-9148; fax (808) 794-9212; culinary.kcc.hawaii.edu

Categories: A-D, SA-SD, ST2—Student Team State Competition, K1-9, SK1-9, SW—Student Wildcard Category, Individual Mystery Basket

January 13-15, 2011

ACF St. Augustine Chapter

Site: First Coast Technical College, St. Augustine, Fla.

Chair: David S. Bearl, CCE, AAC; rotachef@yahoo.com; (904) 669-1340; fax (904) 547-3459

Categories: A-D, F1, ST1—Student Team Local Competition, SK9

January 14-16, 2011

ACF Fox Valley Chapter

Site: Madison College, Madison, Wis.

Chair: John G. Johnson, CEC, CCE; jgjohnson@matcmadison.edu; (608) 246-6707

Categories: A-C, E1, F1, 2, ST2—Student Team State Competition, K1-9, P1, 2

HISTORY

Life Lessons

By Kay Orde

Cornelia Walmsley, CCE, AAC, and ACF have grown up together. In 1929, when members of the Chefs de Cuisine Association, the Société Culinaire Philanthropique and the Vatel Club founded ACF, Walmsley was born in Chicago.

From a young age, she had a keen interest in food and, more importantly, a desire to share her food preparations with others. "I was always 'entertaining' family and friends," she says. "And growing up, I would provide food for groups."

Her culinary education began early. "I was an Army brat—my sister was born in Manila—and during World War II, we moved 10 times in three years," she says. "I learned to eat peel-and-eat shrimp at the docks, ditto, blue crab.

"I thought everyone ate like we did, and then I got married, cooked the way we did at home—fried rice and stir-fry, sausage and sauerkraut, pastas, curry, kidneys, lamb, chowders, chili—to discover my Southern boy (her husband Jack) had an extremely small food background."

Fast forward to 2004, when ACF celebrated its 75th anniversary and Walmsley turned 75. She was working in a career that she loved as a long-time culinary educator. "To see someone learn to do something and be proud of it, to see the light bulb go on, is a tremendous feeling of satisfaction," she says.

Walmsley has studied with an impressive list of culinarians, including James Beard in New York, Marcella Hazan in Bologna, Italy, and Anne Willan in Paris. She explored the culinary scene in London and Crete, and took classes at The Culinary Institute of America and Johnson & Wales University. She earned bachelor's and master's degrees in education, and was a faculty member in the culinary program at Niagara County Community College, Sanborn, N.Y.

She advised her students to do their best and learn from their mistakes. "I would tell

them that it's an occupation that requires long hours, and it won't make a lot of money, regardless of what you see on TV."

She sees foodservice as a profession that offers more to young people today than ever before, citing opportunities in senior living, hospitals, schools, daycare, supermarkets, corporate, catering and teaching. "I would advise students that this is a way to go in their careers. But first, they need that interest in food."

Walmsley was introduced to ACF by local chefs. Already a member of the International Association of Culinary Professionals, she knew what belonging to a professional organization could do for her career. She decided to increase her exposure and joined ACF, and ACF of Greater Buffalo, New York, in 1985.

"When ACF was mentioned, I knew it would be great networking and a way to do community events, as well as all that national conferences and conventions could offer," Walmsley says. "I went on to be a chapter officer, and became the first female chapter president."

She earned her certified culinary educator (CCE) designation, was inducted into the American Academy of Chefs in 1998, "and built a lifetime of friendships from all over. I must admit, when I first joined, there were very few women at meetings, teachers were second-class and some of the men were sexist. We've come a long way."

She says ACF has given back to the profession in other ways, as well. "Becoming an authority on food, working on sanitation and safety, becoming part of the locally grown, sustainability movement, putting pride and recognition into the occupation—these are all ways that ACF has contributed.

"It's a great way to enhance your job and meet other people in the industry. You can further



Walmsley

your education with mentors and certification, and learn about other opportunities you might want to try. And you will have the chance to participate in community activities."

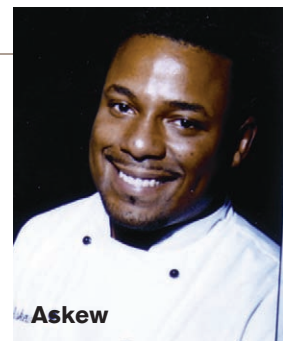
She says mentoring new workers in the field is a big part of any professional organization. "It's one of the most important things you can do—creating enthusiasm, giving suggestions, helping them find their way, opening up their minds to the possibilities. And you're making lasting friendships."

ACF has a role to play in welcoming the next generation of chefs, Walmsley says. "We need to work more with the schools and their internship and externship programs. We can offer young people the opportunity to further their skills with certification, and, through networking, offer different viewpoints on the industry. And there's the knowledge that they're not alone with the demands of the job.

"On the other side, the young people bring enthusiasm and curiosity, which can be lost by some in the industry. They're usually eager to learn, which inspires mentoring."

Walmsley isn't finished with foodservice yet. As she turns 81 this month, she is still working as a private consultant, doing everything from managing food functions for a women's private club to running wine-and-food-pairing dinners. And community work is still an important part of her life. She's working with a Gilda's Club fundraiser (Gilda's Club supports people with cancer, their family/friends), teaches defensive driving to seniors through an AARP program, and became a docent, after taking a 20-week mini master's in art history, at Albright-Knox Art Gallery in Buffalo.

"I'm not ready to retire," Walmsley says. "And I feel it's important to give back. I've been blessed."



ACF Certification Adds Value in a Troubled Economy

By Alex Askew

As you know, the state of affairs of our great country is a major concern for everyone, whether employed or not, a small business or a large one. Let's look at some hard facts: Unemployment is high, available employment opportunities are for those more qualified, not less, and the job market is extremely competitive. In recent years, being better, faster and smarter has not been a recommendation, but a requirement, for career growth.

Companies today have increased standard requirements to distinguish candidates for employment. Need proof? Consider companies that are industry leaders. Microsoft did a study among hiring managers in specific fields and found that 63% of them believe certified individuals are more productive than their noncertified counterparts. They also found that 66% of managers believe certifications improve the level of service and support offered to customers. These are some convincing numbers pointing not to a short-term trend, but to a way of doing business starting now and going into the future.

Education alone will no longer represent the employee with the "total package." Certification is slowly becoming a standard in industry segments as a way of getting back on financial track and staying there.

Certification is an objective, measurable way of determining a person's competency, and attests to the achievement of specialty knowledge beyond basic preparation. It benefits you, your customers and your employers. This will be a method of assessing people regarding their ability to make profit (not just revenue) and increase demand through consistency and the quality of the product. Search any Web engine, and you will see a skyrocketing increase in the number of certification programs in a vast number of fields.

Is certification a good investment of time and resources? It is a reasonable assumption that earning certification has a basic cost. It would be fair to compare that investment to buying a piece of machinery for a business. The purpose of the purchase is that the machine will make the company run better, reduce the work load for everyone and save time. These may be somewhat intangible benefits, but they will show up in better operation and reduced business costs. In other words, certification is an investment that has a predictable return. It has real and lasting benefits that may be hard to measure but can be seen as a boost to an individual's performance and a company's overall profitability.

ACF provides multiple levels of certification that represent a standard in the culinary industry. With thousands

of chefs competing in the job market, it is essential to prove your culinary competency. Certification through ACF demonstrates skill, knowledge and professionalism, and is respected as a culinary-industry standard. Everyone employed or considering an employment opportunity in culinary arts should look at certification as a way to increase the odds of advancing and building traction for total career growth. Stay ahead of the competition and be more equipped to increase profits for your organization with ACF certification, a professional standard of excellence.

Alex Askew is president of BCA, Brooklyn, N.Y., and a member of the ACF Certification Commission.

SPOTLIGHT

ACF Certification Commission releases a new certification logo and tagline.



ACFEF Apprenticeship: Building on a Great Foundation

By Nick Weber

The American Culinary Federation Education Foundation (ACFEF) Apprenticeship Program is in the second year of the U.S. Department of Labor grant it received to bring its apprenticeship program into the 21st century. Reaching this midway point seemed unimaginable and, at times, overwhelming.

A lot has changed since October 2009. The ACFEF now has a fully functional Online Learning Portal. Our four pilot-site programs—Johnson County Community College, Overland Park, Kan.; Westmoreland Community College, Westmoreland, Pa.; Indian River State College, Fort Pierce, Fla., and Keystone Resort, Keystone, Colo.—which represent the four regions of ACF jurisdiction, have almost completed the initial period of the online apprentice portal website implementation. We have sent the ACFEF apprenticeship logbook through a rigorous industry validation process. We have recruited, trained and implemented eight apprenticeship regional trainers (ARTs) to help market and implement the new ACFEF Apprenticeship Program across the country.

As exciting as the last year has been, the best is yet to come. The first of the new initiatives involves expanding the scope of ACFEF apprenticeship. The foundation laid by the pilot sites will allow the ACFEF to bring an entirely new generation of

programs into the apprenticeship fold. The ARTs will also help to accomplish this goal by traveling the country and meeting with interested groups.

To complement the online portal website and its modern conveniences, the ACFEF has begun to make the application process for both apprentices and new programs almost paperless. Gone are the days of out-of-date forms and long delays in communication. From start to graduation, ACFEF apprenticeship has been revised to make everyone's time more efficient.

Another initiative for the coming year will be sustainability. The ACFEF has already incorporated a sustainability proficiency section in each station of the ACFEF logbook. We have also gathered a multitude of online sustainability resources and made them available to registered portal users. This coming year we will unveil our Leaders in Sustainability program. This initiative is designed to recognize and reward ACFEF apprenticeship programs and participants for outstanding work and achievements in the area of culinary sustainability. We

ACFEF online learning portal home page (www.culinaryprofessionals.org)

will look at all levels of the apprenticeship universe for deserving recipients.

In addition to these initiatives, the ACFEF is in the beginning stages of producing a series of videos that will focus on the different stations of the ACFEF apprenticeship logbook, with a special concentration on sustainability. These videos will be housed on the portal and made available to registered portal users. The ACFEF hopes to offer the videos as a series of educational aids and supplementary learning modules to be used by ACFEF apprenticeship supervisors and apprentices alike.

The past year has seen a massive amount of advancement in the ACFEF Apprenticeship Program. The coming year promises to be even better. If interested in becoming an ACFEF Apprenticeship Program or adding the portal to an existing program, inquire at apprenticeship@acfcchefs.net.

Nick Weber can be reached at nweber@acfcchefs.net or (904) 484-0221.



Team USA Counts Down to First International Competition

By Michelle Whitfield

Only a few more weeks remain until ACF Culinary Team USA packs its bags and heads to Luxembourg to compete against 24 countries at the Expogast-Villeroy & Boch Culinary World Cup 2010, Nov. 20-24.

Since forming the team in April, members have had eight practice sessions, working closely with team manager Steve Jilleba, CMC, CCE, AAC, team coaches and advisors to perfect their culinary skills. They have researched and experimented with different cooking methods to determine the menu and dishes that best represent American cuisine and the technical finesse to win in international competition. After each group practice session, team members continued to improve their skills and dishes with hours of individual work.

"The members have put all their energy, passion and focus into the team for the past few months," says Jilleba. "We would especially like to thank our families, employers and sponsors for their continued support. They have made it possible for dreams to come true."

Following its practice session Sept. 20, the team was invited to prepare a presidential dinner hosted by Dr. John Bowen, university president, Johnson & Wales University, Providence, R.I. Guests, including chefs/owners, industry leaders and community members, had a first taste of the hot-food menu that will be prepared during the competition in Luxembourg.

"As a sponsor of the American Culinary Federation's Culinary National Team USA, it was our pleasure to invite community representatives and university constituents to highlight and showcase the talent, dedication and spirit of the national culinary team," says Karl Guggenmos, AAC, university dean of culinary education at Johnson & Wales University. "We are honored to serve as a sponsor of team practices as they realize their dream and embark on their journey to the 2012 'culinary Olympics' in Germany."

ACF Culinary Team USA is scheduled to display its cold-food menu Sunday, Nov. 21,



Steve Jilleba, CMC, CCE, AAC, team manager, right, introduces ACF Culinary National team USA at the Sept. 20 dinner at Johnson & Wales University, left to right: James "Kevin" Storm, CEC, CCA, AAC; Mark Morgan; Anthony "Ben" Grupe; Eddie Tancredi: Timothy Bucci, CEC, CCE, CHE; and Joseph Leonardi, CEC. Not pictured: Timothy Prefontaine, CEC.

and prepare its hot-food menu Tuesday, Nov. 23, during the Expogast-Villeroy & Boch Culinary World Cup 2010.

We wish them good luck on their journey to gold as they represent the American chef.

ACF CULINARY TEAM USA SPONSORS



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CENTRAL REGIONAL CONFERENCE

APRIL 17-20

Hilton New Orleans Riverside

New Orleans

TRADE SHOW — APRIL 19

NORTHEAST REGIONAL CONFERENCE

MARCH 20-23

Columbus Renaissance

Columbus, Ohio

TRADE SHOW — MARCH 22



Image courtesy of Experience Columbus/ Franklin Park Conservatory

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Talking Stick Resort

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FEBRUARY 18-21 | Hilton Atlanta



MEET THE CHEF

As executive chef at the Hilton Atlanta for the past 13 years, Louis Spost directs a culinary team that numbers more than 60. His administrative policy is to let the staff have fun and be creative, which allows for flexibility and innovation in response to culinary trends and the desires of the hotel's clientele. Spost excels at pairing gourmet cuisine with stunning

presentations and award-winning service. He believes in using the freshest ingredients to create dishes that entice the palate and delight the eye. The winner of numerous regional and national culinary awards and competitions, he has cooked on several occasions at the James Beard House, New York. He is a member of ACF Greater Atlanta Chapter Inc.

HOTEL RESERVATIONS

Reserve your room before Jan. 28, 2011, online or by calling the Hilton Atlanta at (404) 659-2000, to receive the group rate of \$125 + tax per night. This rate is offered three days before and three days after the conference, based on availability.



AMERICAN ACADEMY OF CHEFS DINNER

J. Kevin Walker, CMC, AAC, will prepare the 2011 Southeast Regional Conference AAC reception and dinner Sunday, Feb. 20, at Cherokee Town & Country Club, Atlanta.

The dinner is open to all ACF members and their guests; tickets are \$125 per person. Contact the Academy office at (800) 624-9458, ext. 102, for more information.

CHAPTER EVENT

ACF Greater Atlanta Chapter Inc. will host a Mardi Gras themed casino night Saturday, Feb. 19. Enjoy a night of gaming, food, cocktails and fun with your fellow chefs. Stay tuned for further details.

SCHEDULE HIGHLIGHTS

- FRIDAY, FEB. 18** Educator Development Series, Chapter Presidents Meeting and Leadership Training, Icebreaker Reception
- SATURDAY, FEB. 19** Baron H. Galand Culinary Knowledge Bowl, Educational Programming, Trade Show
- SUNDAY, FEB. 20** Educational Programming, Chef Professionalism Lunch, General Session, American Academy of Chefs Reception and Dinner
- MONDAY, FEB. 21** Educational Programming, Regional Awards Gala

REGISTER ONLINE at www.acfchefs.org

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\$300 for Culinarian, Professional
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\$260 for Senior, Junior and Student
members

The Member Rewards Rate is offered to ACF members in good standing who purchase a Full Registration by the conference deadline, are current in their membership at the time of registration, and stay a minimum of three (3) nights at the conference host hotel. Rate includes conference registration only. Hotel reservations must be made separately. See individual conference Web pages for deadline dates.

EARLY REGISTRATION RATE

\$400 for Culinarian, Professional
Culinarian, Allied and Associate
members

\$350 for Senior, Junior and Student
members

The Early Registration Rate is offered to ACF members in good standing who purchase a Full Registration by the conference deadline and are current in their membership at the time of registration. Discount deadline is 45 days before start of the conference. See individual conference Web pages for deadline dates.

STANDARD REGISTRATION RATE

\$500 for ACF members in good
standing
\$595 for nonmembers

Single day Program Badges and other a la carte pricing options are also available. See individual conference Web pages for deadline dates, downloadable registration forms and conference schedules.

**ONLINE REGISTRATION
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online Events Registration 101
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COMPLETE A SEPARATE FORM FOR EACH ATTENDEE (applies to full and program badge purchases)

Name _____ Member ID _____
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Work phone _____ Employer _____
Position/Title _____

**If provided you may receive e-mail notices of products and special offers from ACF sponsors and exhibitors.*

SELECT THE CONFERENCE(S) YOU PLAN TO ATTEND:

☐ Southeast (Feb. 18-21) ☐ Northeast (March 20-23) ☐ Central (April 17-20) ☐ Western (April 29-May 2)

FULL REGISTRATION PACKAGE includes access to 1.5-hour seminars and demos, general session, trade show, icebreaker reception, 2 breakfasts, 1 brunch, 2 lunches and the awards gala. Does not include AAC dinner.

Early registration deadlines apply for each event. Please visit www.acfchefs.org for specific dates and registration deadlines unique to each conference.

Member Status	Rewards Rate*	Early Rate	Standard Rate
Culinarian/Professional Culinarian	<input type="checkbox"/> \$300	<input type="checkbox"/> \$400	<input type="checkbox"/> \$500
Junior/Senior/Student	<input type="checkbox"/> \$260	<input type="checkbox"/> \$350	<input type="checkbox"/> \$500
Allied/Associate/Enthusiast	<input type="checkbox"/> \$300	<input type="checkbox"/> \$400	<input type="checkbox"/> \$500
Non-ACF Member	N/A	<input type="checkbox"/> \$495	<input type="checkbox"/> \$595 = _____

**Rewards Rate restrictions: must be an ACF member in good standing, register and pay by early registration deadline and stay a minimum of three nights in the official conference hotel.*

SPOUSE REGISTRATION PACKAGE* includes icebreaker reception, 1 brunch, 2 lunches and the awards gala.

Spouse's name: _____ ☐ \$250 = _____

**To be eligible for a spouse registration package the ACF member must purchase a full registration package.*

A LA CARTE REGISTRATION OPTIONS

One-Day Conference Program Badge, includes lunch or brunch. **Note:** Program badges may not be purchased with full registration.

Day 2 ☐ Day 3 ☐ Day 4 ☐ # _____ x \$125 = _____

Meal Tickets

Breakfast ☐ Day 2, quantity _____ ☐ Day 3, quantity _____ # _____ x \$25 = _____

Icebreaker Reception # _____ x \$40 = _____

Trade Show Lunch # _____ x \$40 = _____

Awards Gala (Includes one drink ticket) # _____ x \$100 = _____

Kid's Awards Gala (children 12 and under) # _____ x \$40 = _____

American Academy of Chefs Dinner # _____ x \$125 = _____

Education

Educator Development Series (three 2-hour sessions and lunch) ☐ \$125 = _____

TOTAL DUE FOR REGISTRATION \$ _____

REFUND POLICY: Request for refund must be made in writing and postmarked no later than 30 days prior to start of event. A \$50 processing fee will be deducted from refund amount.

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MENU ENGINEERING



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Lupita's all-natural salsa (medium and hot) and gluten-free tortilla chips (quinoa, black bean and jalapeño) are now available to foodservice. Available in 10- or 13-oz. bottles or larger foodservice packs. For more information, call (949) 748-0718 or visit www.mamitalupita.com.



STRAWBERRY WEBSITE Driscoll
Strawberry Associates, Inc. has launched a new foodservice website with resources to help chefs, menu developers and purchasing managers plan healthy menus with fresh berries. Site includes availability, packaging and distribution information for conventional and organic berries, as well as menu ideas and recipes. For more information, call (866) 793-7178 or visit www.driscolls.com/foodservice.



SPICES/RUBS McCormick For Chefs—Food Away From Home Division has launched McCormick Culinary Roasted Spices and new Lawry's Rubs. Ready-to-use roasted spices and rubs come in easy-to-pour/spoon foodservice-size bottles. For more information, call (800) 322-7742 or visit www.McCormickForChefs.com.



CHEF-READY CUTS Dole Chef-Ready Cuts—mango cubes, pineapple cubes, diced peaches, diced/sliced strawberries—can be used for salsas, relishes, condiments and sauces. Use the Dole Fruits Pairings wheel to match fruit with other ingredients. For more information, call (800) 723-9868 or visit www.dolefoodservice.com.



VEGGIE BURGER Sunshine Burgers & Specialty Food Co. introduces a wider 4¼-inch veggie burger for foodservice. Pre-baked/browned for heat-and-serve convenience, burgers are made with sunflower kernels, brown rice and other organic whole-food ingredients. For more information, visit www.sunshineburger.com.



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